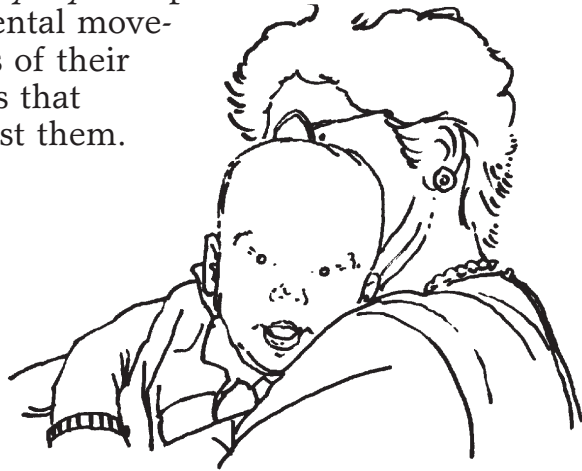


How Do Infants...?

Think And Learn

- Things they can't see don't have any meaning. (So, if they can't see the bottle, they don't know it's coming.)
- They start noticing their own movements, such as waving their arms.
- They try to repeat accidental movements of their bodies that interest them.



Grow Socially And Emotionally

- They enjoy familiar routines.
- They are beginning to like a little more variety in what they can see.
- They recognize familiar faces and voices.

Play

- They entertain themselves with their fingers, hands, and toes.
- They play with different objects in the same ways. They may bang or drop or shake or suck them, no matter what they are.

All children grow, learn, and develop at different rates. The information in this brochure is considered typical for this age. If we do all we can to help children develop now, they will have the best chance to do well in school and in life.

This brochure was developed by the Child Care Resource Center and the Alabama Cooperative Extension System.



HE-730-B

Ellen Abell, *Extension Specialist*, Associate Professor, Human Development and Family Studies, Auburn University. Originally prepared with **H. Wallace Goddard**, former *Extension Family and Child Development Specialist*.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

3M, Reprinted Sept 2008, HE-730-B

© 2004 by the Alabama Cooperative Extension System. All rights reserved.

www.aces.edu

Ages & Stages

Infants

1 To 4 Months Old



HE-730-B

Alabama Cooperative Extension System
Alabama A&M and Auburn Universities

Your baby will be spending more time awake than before. Babies now start to take more notice of things around them. Your baby will be busy looking, listening, and learning.

During this time your baby begins to develop trust and an emotional attachment to you. Feeling safe and cared for is important for helping your baby grow strong and healthy.

What's It Like To Be...?

1 Month Old

- I can get hungry every 2 to 4 hours.
- I like to be held and rocked.
- I notice faces when they are in my direct line of vision.
 - I stare at things, but I don't grab them yet.
 - I can raise my head a little when lying on my tummy.

2 Months Old

- I smile, gurgle, and coo when I'm happy.
- I might stay awake as long as 10 hours a day.
 - I can roll part way to the side when I'm on my back.
 - I recognize different people and voices.
 - My head still wobbles a little when I'm propped up.

3 Months Old

- I can follow you with my eyes when you move around.
 - I can hold my head and back straight when you support my body.
 - I can hold onto objects you put in my hand.
 - I coo and make simple sounds.
 - I don't like to be left alone.

4 Months Old

- I can sit up for a short time if you support my body.
 - I can babble and make sounds and laugh out loud.
 - I put things in my mouth.
 - I recognize familiar toys, objects, and faces.



Your Baby Wants You To Know:

When you let me see, touch, taste, smell, and listen to new things, it helps me learn.

I need your loving, playful attention much more than fancy toys and special clothes.

I like looking at faces. I love to see myself in the mirror.

Toys that are safe for me to play with are clean, lightweight, and big enough so I can't put them in my mouth or ears or nose.

I like it when you rock me or talk or sing to me. A good time to do this is while you're feeding or changing me.

Please talk to me. Tell me I'm special and call me by my name.

If you respond quickly when I need food or comfort, it helps me learn to feel secure.

Every baby is different. If you watch me closely, you will get clues about how I like to be handled.

