


Zero - Three Months

This brochure looks at the normal developmental milestones of your child and ways to promote their development through play. Remember all children are different, and develop at varying paces. Consult your child health nurse if you have concerns.

Development	
Physically (motor)... <ul style="list-style-type: none"> ◆ Lifts arms and head when lying on stomach ◆ Sits when supported ◆ Explores objects with mouth ◆ Uses hands to reach out and touch things 	Intellectually (cognitive)... <ul style="list-style-type: none"> ◆ Starts to recognise familiar faces and voices ◆ Likes vivid colours 
Socially (emotionally)... <ul style="list-style-type: none"> ◆ Loves close physical contact e.g. hugging, holding, rocking ◆ Responds to familiar faces and voices ◆ Learning to smile, chuckle and coo 	Creatively (communication)... <ul style="list-style-type: none"> ◆ Communicates needs by crying ◆ Learning to smile
Common 'normal' problems	
<ul style="list-style-type: none"> ◆ Crying to communicate needs ◆ Some dribbling or regurgitating during or after feeds ◆ Sneezing, snuffling and hiccups 	






Importance of play

Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

Activity	Materials you need	What to do and how to do it
GRASPING	Rattle, small toy, spoon, small container	Place object in child's hand.
HEARING and SPEECH		Talk, sing and hum to your baby, vary voice often (low and high sounds, long and short sounds, loud and soft sounds).
REACHING FOR AN OBJECT	Colourful or noisy object, or favourite toy 	Place baby on tummy, dangle bright or noisy toy in front of baby's face so he/she will lift head and arms to touch object. Allow them to play with the toy.
KICK TOYS	Rattles, onion bags stuffed with cellophane or newspaper, soft toys	Tie toys to end of bassinet to encourage your baby to move it's legs and kick the objects.
DEVELOPING TOUCH	Soft toy, handkerchief, plastic containers, etc	Give objects of different size and textures for baby to play with; ensure toys are NOT big enough to fit into their mouth.
SOUND GAME	Bell, two spoons, rattle or make your own noisemaker 	Stand where you can see the baby. Make a noise and see if the baby turns its head toward the sound. If so, allow the baby to play with the noisemaker.
Seeing and WATCHING MOVING OBJECTS	Brightly coloured or patterned toy, ball or container	Hold toy about 20cm from the child's face and slowly move it up and down and side to side allowing them to follow it with their eyes.