

**WATCH AND HELP ME GROW**

Your baby's  
development

**3 - 6 Months**



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

# Developmental Milestones

Between the ages of **3 and 6 months** your baby should be doing most of these things.

## MOVING

At this age, most babies:

- play with his hands.
- try to reach and hold toys.
- lift her head and chest when she's on her tummy.
- hold his head up and steady without support.
- try to roll over.
- play with her feet when on her back.

## UNDERSTANDING

At this age, most babies:

- recognize familiar objects and people.
- respond to his name.
- stop moving and listen to new sounds.
- smile at faces.

## SEEING

At this age, most babies:

- make eye contact (look into your eyes).
- follow a moving object with both eyes.
- have clear eyes, not red or watery.

## HEARING

At this age, most babies:

- turn her head toward sounds (telephone, doorbell, voices).
- make lots of different sounds.
- laugh out loud.
- use a voice that is not too loud or soft.
- respond to toys that make noise (squeaky toys and rattles).

# Help Your Baby

Doing **everyday things** will help your baby develop.

## You can Play

- Take time to play with your baby! Babies love to play with people...hug, touch and cuddle. They need to feel your touch!
- Make silly faces while your baby is looking at you.
- Hold a toy in front of your baby so he can reach for it.

## You can Read

- Read and tell stories to your baby often. Start early!
- Point to and name things in the pictures as you read to your baby.

## You can Talk

- Talk, sing and laugh with your baby. Use different tones of voice: high, low, soothing.
- Hold your baby in front of a mirror. Point to and name her eyes, nose, mouth and ears.

## You can Listen

- Listen and respond to your baby's sounds and gestures.
- Comfort your baby quickly.
- Listen to your baby's sounds and say them back.

## You can Respect

- Notice your baby's moods. You will learn when he wants to be fed, cuddled, changed or put to bed.
- Introduce your baby to others as you would any other person.
- Talk to your baby about things as they happen such as when you pick her up, give her a bath or feed her.

# As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

## Please ask, babies can't wait.

It is important to check to see if your baby is on track for healthy development, or if she may need some support. If you have any questions about her development, help is available. Talk with your doctor or nurse or call the Family Health Hotline at 1-800-322-2588 to learn more. They can help you check your baby's development and can connect you with the Early Support for Infant and Toddlers Program in your community, if needed.

More information is available at the Early Support for Infants and Toddlers website: [www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit)



WithinReach Family Health Hotline  
**1-800-322-2588** (711 TTY relay)  
or [www.ParentHelp123.org](http://www.ParentHelp123.org)



[www.WatchMeGrowWA.org](http://www.WatchMeGrowWA.org)

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