

Activities for 3-5 Months

<p style="text-align: center;"><u>Language</u></p> <p style="text-align: center;">Sing Your Favorite Song</p> <p>When your baby is awake, sing your favorite song. Singing songs with words to your baby helps develop language!</p> <p style="text-align: center;"></p>	<p style="text-align: center;"><u>Fine Motor</u></p> <p style="text-align: center;">Grab It!</p> <p>Use a scarf, baby books, or other infant toys to encourage your baby to bat and grab. Your baby is strengthening small muscles in their hand as he/she grabs and pulls.</p> <p style="text-align: center;"></p>	<p style="text-align: center;"><u>Gross Motor</u></p> <p style="text-align: center;">Tummy Time</p> <p>Lay a blanket on the ground and some of your baby's favorite toys. Place your baby on their tummy and talk to your baby as he/she practices tummy time! Your baby needs to strengthen his/her muscles.</p> <p style="text-align: center;"></p>
<p style="text-align: center;"><u>Cognitive</u></p> <p style="text-align: center;">Fascinating Fingers</p> <p>Lay your baby on his/her back. Slowly wave or wiggle your fingers in front of him/her. Your baby is watching and learning how your fingers move and noticing his/her own.</p> <p style="text-align: center;"></p>	<p style="text-align: center;"><u>Social-Emotional</u></p> <p style="text-align: center;">Stretching and Relaxing</p> <p>After play, offer a time for your baby to relax. Uses gentle stretches and touches to help your baby relax. These moments help build attachment. This reduces stress and supports your baby's brain!</p> <p style="text-align: center;"></p>	<p style="text-align: center;"><u>Strategies for Play</u></p> <ul style="list-style-type: none">• Wait and Watch what your baby does. Match his/her cues.• Encourage your baby by talking to him/her when he/she is playing. Your baby likes to hear you!• Move from room to room, or if the weather is nice spend a little time outside so your baby does not get bored.