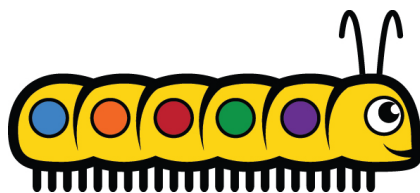




0-3 Months

Here are some ways that you can help your child learn and grow in all of the areas covered in the Connecticut Early Learning and Development Standards (CT ELDS). You may see some ideas in different areas that are almost the same. That's because children are learning a lot of different things as they learn more about the people and the world around them. These ideas don't have to be all you do with your child! You can think of new ways to build on everything included here. Just as your child is learning, you can keep learning ways to support your child's growth. The most important thing to remember as you use these strategies is to have fun and find ways to help your child learn every day!



Connecticut Office
of Early Childhood



Connecticut Early Learning
and Development Standards

0-3 Months



Cognition

Look at and talk to your baby

Interacting with your child builds a strong relationship, and helps develop cognitive and social skills. Your baby's responses may be quick and hard to notice, but you can watch for small changes in movement or expressions. Make eye contact, allow your baby to see your face, and talk, sing, and coo away!

Respond to your baby's cues

If your baby is hungry, tired, or wet, meeting their needs will help build connections. When someone responds to their cries, they begin to expect what will happen, trust you are there to help them, and understand that their actions have a result. You might not see it yet, but these first months form a strong foundation for basic cognitive and social skills.

Provide new sensory experiences

When your baby is calm, comfortable, and awake, let them hear, see, and feel new things. When sharing new things, watch your baby's cues and provide comfort if they become overstimulated or upset. Provide new and interesting things to look at by walking with your child. Place objects with bold lines or clear differences between colors where they can see them. Play music, talk, or use toys that make noise. Let your baby feel different textures.

Social and Emotional Development

Respond to baby's cues

When your baby is hungry, wet, tired, or just fussy, respond to their needs. Hold or rock your baby gently. Change or feed them. This will build your relationship with your child and let them know you are there to keep them safe and secure. If your baby is fussy and you need a break, reach out for help. A new baby can be exhausting, and it's hard to take care of a baby if you aren't rested and well yourself.

Look and talk to your baby

Smile, coo, and talk to your baby about anything and everything. Your baby won't understand your words yet, but they will likely respond to your tone and facial expressions. Your calming presence will support your child to calm and feel secure, even if this is a fussy period for your child.

Show interest in all the little things your child is doing

It may not seem like your child is doing a lot in these early months, but they are changing and growing rapidly. When you show delight in your child's actions, care for them, and talk to them, you are supporting a strong relationship. This relationship will build your child's skills and confidence to explore and learn over time.





Physical Health and Development

Touch your baby

Rubbing your child's arms, legs, and stomach can help increase their awareness of body parts and encourages movement. Calm, gentle touches also help build your relationship with your child. Watch for your child's reactions and respond if they seem fussy or uncomfortable.

Allow your child time on their back and tummy

Allow your child time to lie on their back and time to be on their tummy. Your baby might have a strong preference, but different positions help build different muscles. Help your baby to feel safe and secure in different positions by interacting with them and soothing them.

Provide interesting things for your child to see or hear

A baby's movements are often a response to something they have heard or seen. Provide things to look at, noises to react to, and things to swipe to encourage your child's physical development. Moving an object can encourage your child to move their head. Placing an object in their hand might cause them to bring it to their mouth.

Language and Literacy

Talk to your baby

Your child won't understand your words yet, but your voice can be a soothing sound. Hearing your voice while looking at your face sets the stage for language development. As your child connects your face with the sounds you make, they will begin to understand your emotions and words.

Play with sounds

Cooing, babbling, and making silly sounds are great ways to expose your child to your voice. Try talking or making noises on one side of your child and then the other to encourage them to turn their head toward the sound of your voice. Make sure your child isn't overwhelmed by loud or unusual sounds.

Show your child different expressions

Your child will first learn about language by watching and listening. As you talk, change your facial expression, looking lovingly at your baby, smiling, or looking surprised. Work to keep expressions positive and pleasant so they won't alarm or scare your baby.

