



**LISTEN HERE!**

Each day, tell your baby and family why you love them.

### What's it like to be 3 months old?

- When I see something I like, I squeal with delight.
- I don't cry as much as before. Have you noticed?
- I am learning that my actions can bring results and that I can count on you to help me when I need it.

### Your baby really needs you to:

- Be patient
- Introduce new things gently and slowly
- Offer several chances to get accustomed to new things
- Make life simpler, quieter, and less stimulating

## 1 SIBLINGS NEED TO FEEL NEEDED

When you have a new baby, it's normal for siblings to feel upset at the way their family has changed. Encourage the children to talk about both the good and bad parts of having a new baby. Help everyone learn how to be gentle with your baby.

## 2 STRESS IS CONTAGIOUS

Your baby is becoming aware of your moods. They will sense when you are tense, as well as when you are calm and happy. Do everything you can to manage stress well.

## 3 HOW TO PLAY

Show your baby a toy. Say, "Look. It's a red rattle. Listen!" Then give the rattle to the baby. As they play, talk about what they're doing. Allow them time to play and explore what they can do with the toy. Play peek-a-boo by hiding behind your hands or a blanket and showing your face again. All babies - girls and boys - need to talk and play.

## 4 LEARNING TO TALK HELPS YOUR BABY'S BRAIN GROW

Look into your baby's eyes and talk to them. Repeat the sounds they make. Keep going back and forth. When you copy your baby like you're talking with them, you're helping them learn how to use language.

