

Social Interaction

- Makes eye contact when held.
- 3-6 months: seeks and enjoys physical contact.
- Smiles in response to being held and bounced.
- Explores toys and objects by banging, feeling, mouthing

HOW CAN I HELP?:

Enjoy cuddle time - cuddles are beneficial for grown ups and for baby as they release oxytocin, the love hormone.

WHAT NEXT?:

Chat about anything and everything during everyday routines like nappy changes, just talk about what you're doing!

Talking/Expressive Language

- By 3 months: Sticks out tongue and moves lips when spoken to.
- Makes cooing noises, babbles using vowel sounds e.g. "oooh, aah". Babies make sounds to begin with because it feels nice, not on purpose. When adults respond, they help baby learn that their noises have a meaning, and then they start to intentionally communicate. If nobody responds to these early noises, babies will stop making them.
- 3 – 6 months: Will join in "conversation" by making sounds and squeals and by babbling.

HOW CAN I HELP?:

Talk to little ones! Use gestures, repeat words and make sure the baby can see faces. Respond to all sounds they make by smiling and talking.

WHAT NEXT?:

Follow their lead - talk about the sights and sounds that grab the baby's attention.

Listening and Understanding

- Turns head to unusual sounds or when hears familiar voices.
- Situational understanding - understands and remembers situations that happen lots of times.

HOW CAN I HELP?:

Repeat words during everyday routines so that baby begins to associate the word with the activity.

WHAT NEXT?:

Say baby's name when you are talking to them so they begin to learn it

Speech Sounds

- Uses vowel sounds e.g. 'ooo' 'aaa'.
- Consonants - b, d, m, w (by 6 months).

HOW CAN I HELP?:

Respond to baby's sounds - copy them as this is the best way to encourage them to copy you.

WHAT NEXT?:

Use different vowel sounds when babbling back to baby

Play and Social Development

- Reaching, grasping, copying, smiling

HOW CAN I HELP?:

Sit face to face with the baby. Your face is the best touchy-feely toy in the house!

WHAT NEXT?:

Respond when baby smiles by smiling back at them.



Want some more ideas and activities to support baby's communication? Take a look at our resources on Halton's Communication Hub

