DENVER DEVELOPMENTAL ACTIVITIES

BIRTH TO 3 MONTHS

This side 0-3 months
Over for 3-6 months

These activities are designed to help your child with the following basic skills:

Love, self-care, and socialization.

Developing a Routine – Develop a regular routine for caring for your baby. Have meals, baths, naps, and bedtime at about the same time each day. As your baby gets older, change the routine to meet your baby's changing needs.

Feelings of Security and Love – When your baby is fussy, try to find and fix the cause. Pick up your baby and talk to him or her in a soft, soothing, caring tone. Hold, hug, and cuddle your baby often. Carry your baby with you as much as you can as you go about your home.

Responding to Cries – Respond right away when your baby cries. Crying is a baby's only way of telling you something is wrong. You will not "spoil" your baby by picking it up when it cries.

Smiling – Smile often at your baby, especially when your baby smiles at you. Make happy sounds and talk to your baby when you smile.

Observing – Carry your baby around in a cuddled "sitting" position and show him or her things such as lights or brightly-colored objects. Prop your baby up often (such as in an infant seat or swing) so (s)he can see what goes on around him or her.

Imitating – Watch what your baby does and imitate his or her activities, faces, or movements. Your baby will try to imitate you.

Rocking – To soothe your baby and relax yourself, rock your baby in a rocking chair. Hold your baby close enough so (s)he can touch your face with his or her hands. As you hold your baby, show love and affection by touch and tone of voice.

Bedtime – Sometimes, sing quietly to your baby before bed, or rock your baby to sleep.

Large muscle strength and coordination.

Lifting Head – Put your baby on his or her stomach. Dangle a bright toy in front of your baby or make happy sounds from in front of him or her so (s)he will learn to lift his or her head. (S)He will gradually use both arms to push up his or her head and chest.

Rolling Over – Encourage your baby to roll over. Get him or her to look at a favorite object while you slowly move it from one side to the other. At first, you may need to help by gently pulling your baby's top leg across his or her body. When your baby rolls over, smile and show affection. (Be careful that the baby doesn't fall from a bed, changing table, or other height while you do this.)

Holding Head Steady – Hold your baby in a sitting position often so that (s)he will learn to hold his or her head steady.

REMEMBER:
Talk with your baby — Play with your baby — Enjoy your baby!

Small muscle and problem-solving skills.

Watching Moving Objects – Babies like to watch faces, bright patterns, and brightly colored objects. Get your baby to look at your face, a picture of a face, the soft light from a small flashlight, or a colorful object (such as a red mitten). Move your face or the object slowly in different directions to see how far your baby will watch it.

Grasping – Put a small rattle or other object into your baby's hand and watch him or her take hold of it. This is due to a reflex. As your baby grows older, (s)he will try to hold small objects that are touched to the back or tip of the fingers. (Be careful that the object cannot hurt or choke your baby.)

Feeling and Touch – Let your baby feel different textures, such as stuffed animals, plastic toys, or pieces of terry cloth, rubber, etc. (Since your baby may put the objects in his or her mouth, be sure they are not too small and that pieces cannot be torn off and swallowed.)

Speech and language.

Talking – Talk to your baby often each day, during dressing, feeding, bathing, and household chores. Your baby is never too young to be talked to.

Imitating Sounds – Imitate your baby's cooing, jabbering sounds. Later, (s)he will learn to repeat the sounds that you make.

Awareness of Sounds – Let your baby hear many different sounds, such as music, radio, TV, and telephone bells. Also make sounds with a rattle, squeeze toy, or bell. See how your baby responds to these different sounds.

Quiet Times – Babies need some quiet time to babble, play, and explore their world, so don't leave a radio, TV, or stereo on for long periods of time. Instead, provide quiet time for your baby each day.

Revision, July 1988

All previous 0-3 months DDAs should be withdrawn from use.