

# Helping Kids Discover and Develop Language

## 3 Months



### 1. The infant makes cooing sounds.

For example, the infant makes sounds such as “oohs” and “ahs”.

#### SUGGESTIONS:

- Vary the loudness, intonation and pitch of your own voice (be animated)
- Play with your infant and bring him/her close to your face
- Imitate any attempts at sounds that he or she makes (i.e. sighs, coos, sucking sounds, and facial expressions)
- Respond to any sounds he or she makes as a turn
- Talk with your infant
- Smile, laugh, or click your tongue, make facial expressions
- Touch your infant

### 2. The infant's cry varies with emotional and physical state.

For example, the infant's cry will be different when he/she is in pain compared to when he/she is hungry, angry, or uncomfortable. Crying is important because it gives the infant a chance to learn to coordinate the structures involved in speaking (e.g. tongue, lips, and vocal cords).

### 3. The infant responds to the human voice.

For example, the infant may quiet or discontinue his/her vocalization and/or change his/her activity level.

#### SUGGESTION:

- Use a happy, soothing voice to quiet your infant

### 4. The infant makes brief eye contact.

For example, when the infant is being fed he/she will look into the caregiver's eyes.

#### SUGGESTIONS:

- Go out of your way to meet your infant's gaze
- Guide your infant's face towards your face to help make eye contact

- Exaggerate facial expressions
- Bring attention to your mouth or eyes by patting the side of your face. This adds a visual cue at which your infant will look.
- Feeding, bathing, and changing times are great opportunities to make eye contact

**5. The infant engages in a back and forth vocal exchange with another person.**

A baby's turn can be gurgling, sucking on a bottle or any sounds or movements a baby makes. This is the beginning of turn-taking which is later required for conversations.

SUGGESTION:

- Imitate your baby's sounds and actions (e.g. sighs, coos, lip smacking, hand clapping)

