

Visit	Parents	Infant Developmental Milestones for Developmental Surveillance <sup>1</sup>	Specific Bright Futures Priority Recommendations <sup>1</sup>	Example Book Type*	Example Tips to Give to Parents for Given Age and Book	Examples of Modeling and How to Incorporate Tips Into the Medical Visit
<p><b>Overall Message:</b> “Right from birth babies are listening, looking and learning. Find and enjoy these everyday moments when you can talk, read, sing and play together with your baby.” Emphasize building positive parent child interactions with each other; the book (if used) becomes a prop for interaction! “Babies don’t learn from media like they learn from people. Phones and iPads can’t respond to your baby’s cues the way you do. There’s no app like your lap!”</p>						
<p>First Week</p>	<p>Excited and scared</p> <p>Worried about basic infant wellbeing including feeding/voiding/stooling and weight</p> <p>Overwhelmed with information and sleep deprived</p> <p>Potentially hosting multiple visitors</p>	<p>Makes brief eye contact with adult when held</p> <p>Cries with discomfort and calms to adult voice</p> <p>Reflexively moves arms/legs, turns head to side when on stomach</p> <p>Clenches hands, grasps reflexively</p>	<p>Early brain development</p> <p>Sing talk read to baby, begin to communicate interactively, set a time each day to sit together and read</p> <p>Avoid TV and other digital media</p> <p>Calming</p>	<p>The content of the book matters less now than at later ages; reading any book the parent likes can enhance language exposure</p> <p>Board book with a song or nursery rhyme</p> <p>Books, poems, and stories that are meaningful to the family</p> <p>Books with an anticipatory guidance focus</p>	<p>Familiarize themselves with a song they can sing anytime even when the book isn’t present</p> <p>Use singing for calming infant</p> <p>Read and interact with the baby while acting out the song (e.g. touching baby’s body parts to match song lyrics)</p>	<p>[to baby] “Hello lovely! I’m going to listen to your heart. I’m sorry, are my hands cold? [to parent] Look at the way he calms when we talk with him!” [to baby] “what are you looking at? That light is so interesting, isn’t it?” [to parent] “You can have conversations with your baby. Although he won’t say any words, he is communicating through his actions, so pay attention to his cues and respond. These types of back and forth conversations will really help his brain grow!”</p> <p>“Singing is a great way to calm your baby. He loves to hear your voice. Board books with nursery rhymes and song books are great because you can sing them or act them out even if you don’t have the book with you.”</p> <p>“It may feel strange to read with a baby this young, but it is a great habit to get into. It doesn’t really matter what you read as long as you are interactive, so read aloud something that you enjoy!”</p>
<p>One Month</p>	<p>Still worried, less overwhelmed, less sleep deprived</p> <p>Becoming more attuned to their infant, interpreting behaviors and anticipating infant response to caregiver behaviors</p>	<p>Calms when picked up or spoken to</p> <p>Looks briefly at objects</p> <p>Alerts to unexpected sounds, makes brief short vowel sounds</p> <p>Holds chin up in prone</p> <p>Holds fingers more open at rest</p>	<p>Offer strategies to support the infant’s state regulation including ways to engage the infant and console and calm him.</p> <p>Avoid media as a calming agent, having media on in the background can distract from learning infant cues, interactions between parents and child are crucial for language, cognitive and emotional development</p> <p>Start “tummy time” when awake</p>	<p>High contrast board book</p>	<p>Contrast encourages looking at objects and provide a focal point during tummy time</p> <p>Create stories around the images to share language even if the book is wordless</p> <p>Notice baby’s favorite images</p>	<p>[to baby] “Oh I can see you are upset. Shall we sing a song?” [to parent] “What songs does she like?”</p> <p>“Babies really like to look at high contrast books.”</p> <p>“You can use the book as something for her to look at during tummy time.”</p> <p>“Even when there are no words on the page, you can make up your own stories around the images.”</p> <p>“If you notice any pictures or objects that particularly call her attention, talk about those even more. You can ask questions and answer them. It can feel awkward sometimes but it’s important because babies learn best through interactions with others. It will get easier as she gets older.”</p>

Visit	Parents	Infant Developmental Milestones for Developmental Surveillance <sup>1</sup>	Specific Bright Futures Priority Recommendations <sup>1</sup>	Example Book Type*	Example Tips to Give to Parents for Given Age and Book	Examples of Modeling and How to Incorporate Tips Into the Medical Visit
Two Months	<p>More settled, more rested and less frazzled but still sleep deprived</p> <p>Communicating regularly with their infants</p> <p>Worried about vaccines</p>	<p>Smiles responsively (social smile)</p> <p>Vocalizes with simple cooing</p> <p>Lifts head and chest in prone</p> <p>Opens and shuts hands</p>	<p>Parent-Infant Relationship and Communication</p> <p>Hold, cuddle, talk, sing to baby</p> <p>Learn baby's temperament, personality</p> <p>Develop schedule for naps and night-time sleep</p> <p>Calming</p>	<p>Board book with emotions or baby faces</p> <p>Colorful books with large pictures</p>	<p>Babies love faces and will look at the photos</p> <p>Create dialogue around baby expressions</p> <p>Mimic expressions in the book and share smiles and sounds with baby, encouraging her to "talk back" - extend this to everyday activities without the book such as bathing and diaper changes</p>	<p>[to baby] "Are you smiling yet? I bet you are! Let's see! There it is! (alternatively copy baby's expression) No smile for me? You are so serious!"</p> <p>[to parent] "Have you noticed that when you mimic your baby's expressions he mimics yours?"</p> <p>"Babies love to look at baby faces! You can also mimic the expressions of the babies in the book."</p> <p>"Now that he is cooing and smiling, it's easier to "talk" with him. Keep having conversations during everyday activities. You may notice that when you talk he pauses and when you pause he talks!"</p> <p>"Colorful books with large pictures are also great, but any book can work, as long as you interact with your baby, point to and talk about the pictures, and pause to laugh and enjoy."</p>
Four Months	<p>Tend to be more confident in their abilities</p> <p>Tend to become more interactive as the infant becomes more engaging, including laughing</p> <p>Parents are often back to work if applicable</p>	<p>Laughs aloud</p> <p>Turns to voice, vocalizes with extended cooing</p> <p>Rolls over prone to supine</p> <p>Supports on elbows and wrists in prone</p> <p>Releases hands (fists unclenched), plays with fingers in midline, grasps objects</p>	<p>Use quiet (reading, singing) and active (tummy time) playtime</p> <p>Create daily routines</p> <p>Continue calming strategies when fussy</p> <p>Parent-Infant Communication, watch baby closely and spend time talking and playing with baby</p>	<p>Tactile board book with everyday objects such as animals</p>	<p>Read for quiet playtime</p> <p>Introduce funny animal sounds/object sounds if relevant to the book to encourage laughter</p> <p>Encourage active playtime by using the book to entice infant to roll and reach for the book</p> <p>Help baby explore textures now that hands are released (fists unclenched)</p>	<p>[to baby] "Hello, sunshine! I have a book for you! Touch it! It's a cat! It's so soft, isn't it? I think you like this book!"</p> <p>[to parents] "I love the way she is using her hands! Look at the way she is staring at the picture."</p> <p>"This is a great time to show her books with textures and let her explore them."</p> <p>"Four month olds can be so much fun! It's much easier to have a conversation now that she's laughing and cooing and making more sounds!"</p> <p>"Keep talking, reading, playing and singing with her. You are actually helping her brain grow."</p> <p>"I know this seems early to start talking about this, but the more parents engage their children in talk and play, the more prepared they are when they get to school!"</p> <p>"Depending on the book you are reading, try making different voices or funny sounds. The more you enjoy it, the more your baby will like it, and the more she will learn!"</p>



For more information, visit <https://reachoutandreadco.org/provider-resources>.