

# EXPERIENCES TO ENCOURAGE THE DEVELOPMENT OF A 2 to 4 MONTH OLD INFANT

Adapted from  
Sunrise Skill Builders:  
You Are Your Child's First Teacher  
Florida DOE, 1998



## COMMUNICATION

### **What to encourage:**

Chuckles and laughing

### **Activities to try:**

- Tickle the child slowly and gently on their chest or collarbone
- With child facing you make big facial expressions with wide eyes and open mouth
- Move your face in and out of view of baby and say "peek-a-boo" or other interesting sounds

### **What to encourage:**

Squeals and coos

### **Activity to try:**

- Repeat any sound that baby makes, be sure to stop and give baby a chance to respond, so that you are taking turns in the conversation
- Pat baby's chest or lips gently while baby is making sounds or crying
- Hold baby in the air looking down at you and make funny sounds and facial expressions



## GROSS MOTOR

### What to encourage:

Head turning

### Activity to try:

- Out of view of the baby, make sounds or shake rattle
- While holding baby switch the side you are carrying him
- While talking to baby move your head slowly from side to side
- Put baby on her back and slowly roll hips until her head follows



### What to encourage:

Head lifts

### Activity to try:

- Place baby on tummy on the floor or boppy with toys or a mirror
- Place baby on tummy on floor or boppy and lay down so that baby can see your face
- Lay baby face down on your lap or chest and rub the baby's back and sing



### What to encourage:

A strong neck

### Activity to try:

- Sit baby on the floor and rock slowly from side to side
- Lay baby on her back and slowly pull arms up toward you to encourage head to follow
- Sit baby on your lap and lean baby to one side, then lean away from baby to encourage baby to come back to center



## FINE MOTOR

### What to encourage:

Opening hands and grasping

### Activity to try:

- Open baby's hand and put toy in it
- Help baby's hands to touch different textures
- Let the baby hold your finger
- Tap on the back of baby's hands
- Rub baby's hands together while singing "Patty Cake"
- Take baby's hand and pat a drum or box



## PROBLEM SOLVING

### What to encourage:

Following a moving object with their eyes

### Activity to try:

- While on his back **slowly** move a toy above the babies face from side to side
- Sit baby on your lap and shake a toy then drop the toy on the floor
- While on his back encourage baby to swat at a toy you dangle above him
- When facing baby do a finger rhyme, like the "Itsy Bitsy Spider"

