

The Right Track Program for *Infants & Toddlers*

WHAT IS THE RIGHT TRACK PROGRAM?



Children experience the greatest amount of growth and development in their first three years of life.

The goal of the Right Track program is to provide every child with the best opportunities in their physical, social, emotional, and intellectual growth. The Right Track Program for Infants and Toddlers provides [free](#) developmental screenings for North Dakota children from birth to their third birthday. Screenings are provided in the comfort and privacy of the family's home. Our professional consultants can provide ideas on stimulating your child's development as well as information and referrals to local, state, and national organizations.

This program is provided through the North Dakota Department of Human Services with funding through the Federal Individuals with Disabilities Act Part C for Infants and Toddlers.

Here is information about your child's development (3-6 months)...

Development At A Glance—*Three to Six Months*

As your baby continues to grow and change, you will see him developing more consistent routines of when he needs to sleep, eat, and play. He will start to interact more and more with people and the world around him. As the primary caregiver, help your baby develop the routines so that he knows what to expect within his day. You will also be the facilitator in his exploration, enabling your baby to get to know the world around him.

What your baby can do:

Three—Six Months

- I will smile, laugh, and coo when someone talks and plays with me.
- I can bear weight on my legs when an adult holds me in supported standing.
- I can hold a toy that is placed in my hand and may reach out and grasp a toy in front of me.
- I like to play with both my hands and feet.
- I turn to sounds and voices out of my line of vision.
- I start to imitate sounds such as “oh’s and ah’s” or raspberries.
- I can roll from my tummy to my back and my back to my tummy during play.
- I recognize my own name when someone is talking to me.
- I enjoy exploring objects I am holding by looking at them, shaking them, smelling them and bringing them to my mouth to lick, chew, and taste.

To encourage development, parents and caregivers can:

- During play, continue to provide opportunities for your baby to respond to you with a smile, laugh or with his voice.
- Provide opportunities for your baby to reach out and grasp a variety of objects during play. While on his tummy place toys in front of him, on his back try dangling a rattle for baby to reach or use a baby gym.
- Continue to encourage play in a variety of positions such as on baby's tummy, back, sides, and supported sitting. When playing on his back or tummy, place a motivating object just out of his reach to encourage rolling or other movement.
- Keep talking to your baby. Use his name frequently and communicate activities or routines. For example, “We are going to wash your face, first your mouth, then your nose, and now your eyes.” Singing songs and playing games such as “Pat-a-Cake” or “Peek-a-Boo” encourage interactions and vocalizations.
- Provide a variety of objects for your baby to hold and explore. Different textures, sounds, and shapes will keep your baby interested and exploring.

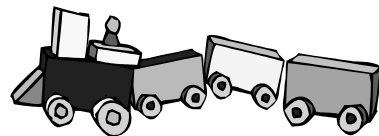
Your Baby's Motor Development

Your baby's muscles will continue to get stronger especially with tummy time opportunities. During this stage of development, your baby will start to try to move on his own in the form of rolling over from tummy to back and back to tummy. While lying on his tummy, you should also see your baby's arms and neck get stronger so that he can push up and hold his head up to look around. With increased strength, you will see your baby grab for his feet while playing on his back. This is great for tummy muscle development and is important for rolling, sitting, crawling, and walking.



When playing in supported sitting, your baby will be able to hold his head steady to look around the room. While playing in supported sitting, lying on his back, or in sidelying, your baby will start to reach out and grasp toys and objects. You will see your baby bring these objects to his mouth for exploration and move them from hand to hand while inspecting them with his vision and touch.

As your baby's primary caregiver, you can continue to play with him in a variety of positions to develop muscles for movement. Tummy time is one of the most important positions to play in on a consistent basis, for muscle development. While your baby is lying on his tummy, you can start to encourage rolling by placing a desired object or yourself just out of reach and help him roll to reach it. Provide a variety of toys that make noises, have different textures, and are brightly colored to encourage reaching, grasping and exploration. Be sure to supervise your baby during these play activities to ensure his safety.



Your Baby's Language and Cognitive Development

Cooing, "oh's" and "ah's", and squealing are new ways your baby will be communicating with you at this age. Your baby is using his voice more and more to communicate in ways other than crying. Your baby may also move his arms and legs to indicate wanting more play and interactions. Your baby will respond to you with vocalizations and body language. Your baby should also start to recognize his own name and show signs of recognizing familiar people and routines.

Eating, sleeping, and playing will become more consistent in how much and when they occur. These routines will also help your baby to know what to expect within the day and will help him to be more content.

It is important to talk to your baby throughout the day. Use his name frequently so he knows you are talking to him. Start singing songs and nursery rhymes. Begin reading books so that your baby hears new words and starts to interact with and enjoy books. Books that have textured pictures may be of interest to engage your baby's vision, touch, and hearing all at once. Continue having conversations with your baby by communicating activities within the day such as when it is time to eat or get ready for bath or bedtime. It is important to give your baby time to respond to you with a sound or body language within your conversations.



Every parent wants their child to start on the RIGHT TRACK...

**FREE SCREENINGS are available for
all children in North Dakota from birth to age three.**

If you have a concern or just want to be sure your child is developing as he/she should, schedule a developmental specialist to come to your home and provide a screening by calling (701) 793-3722 or mail this form to your regional office address listed on the back page of this brochure.

Name of Child: _____ DOB: _____

Gender: _____ Parent Name: _____

Complete Address: _____

Home Phone: _____ Work: _____