

# The Third Month

**D**URING THE FIRST COUPLE OF MONTHS IT IS OFTEN HARD TO DEFINE your baby's needs but during the third month he will be able to express his needs much more, both physically and emotionally. He will start to develop his own little character, using his body movements to demonstrate his feelings of happiness, anger, boredom, tiredness, etc. He will be responding to you with lots of smiles and gurgles as you talk to him. He will also recognise familiar faces and enjoy going on regular outings to the same places, such as the local park or baby group.

Outings with babies need not always be to places that are specifically baby-orientated. I used to find that my babies loved looking around the art galleries, shopping centres and museums that I took them to, so it is always worth trying new places, even ones that seem geared towards adults. Trips out can be interesting for you as well!

As your baby is beginning to develop more muscle control, you can now get him involved with various different activities, such as baby swimming classes and baby gym. Remember the whole aim of these activities is for you and your baby to have fun and enjoy yourselves. You will see lots of other babies at these events so bear in mind that all babies develop at a different rate and try not to get worried if your baby is not yet doing what some of the other babies are doing.

