



What's Going on With Development

Brain Development

Normal Development

- Your baby's brain has been hard at work forming connections from the moment he was born
- Each time he uses one of his senses (seeing, tasting, touching, hearing, smelling), a connection or path is made

What you can do

- Never hold back a snuggle—touch builds brain cells.
- Sing! Anything you enjoy—hearing your voice is soothing.
- Talk throughout the day. Your baby is listening and knows your voice.

Our Advice

- Remember that your baby IS listening and watching what is going on around him
- There is no such thing as giving your baby too much affection
- Remember that all babies grow and develop at their own speed and try not to compare your baby (or yourself) to others.

Language and Communication

Normal Development

- Uses crying to communicate all needs
- Cries for different things (hunger, pain, wet and cold, fear)
- Listens to what you say and begins to make sounds like cooing by around 8 weeks
- Is frightened by loud noises (1 month)
- Can identify their caregiver's voice from a strangers (beginning at birth!)
- Cries between 1 and 3 hours a day (on average). If more than 3 hours, ask your doctor about colic.

What you can do

- Respond to your baby's crying so that he will learn that you're always there for him
- Use your baby's name when you talk to him
- Sing to your baby
- Use parentese (simple language, lots of expression in your face, and sing-song voice) when you speak to your baby
- Get close as you speak so your baby can see your lips
- Read to your baby—they like hearing you talk.

Our Advice

- Give your baby enough downtime and rest.
- Respond to all your baby's cries. You will not make your baby spoiled. You will make him feel safe.
- Remember that all babies grow and develop at their own speed and try not to compare your baby (or yourself) to others.

Physical Development

Normal Development

- Can see 8-12 inches away
- Follows a moving light with his eyes for a couple of seconds (by about 1 month)
- Eyes move together most of the time (by 6 weeks)
- Eyes follow objects from one side to the other
- Likes to look at bright lights and shapes
- Can lift and turn head, when lying on his back (0-2 months)
- Watches a moving face (2-3 months)
- Digestive system still developing (0-3 months)

What you can do

- Play with light and shadows
- Let your baby look at human faces, black and white pictures, and toys
- Place your baby in front of a window. He will like to look at the shadows and light.
- Tummy time—put your baby on his stomach so he can practice lifting up his head.

Our Advice

- It's normal if your baby's eyes seem to cross or don't move together. His eye muscles will strengthen in the first 3 months of life. Check with your pediatrician if you are worried.
- Remember to give your baby tummy time
- Remember that all babies grow and develop at their own speed and try not to compare your baby (or yourself) to others.

Sensory

Normal Development

- Your baby's ability to touch, taste, hear, and smell is fully developed at birth. But, his ability to see is still developing.
- Babies prefer sweet tastes.
- Touching your baby's cheek will cause him to turn to that side to suck. This is an automatic reflex. It does not mean he is hungry.
- Your baby's inner ear sends him messages about balance when he rocks and changes position.

What you can do

- Touch different parts of his body to see what he likes
- Massage him
- Rock him

Our Advice

- Give him lots of interesting things to look at and touch, but remember not to overdo it. He can easily become overstimulated and overwhelmed. Everything is still so new to him!
- Don't give him things to taste besides milk or formula.

Social Emotional

Normal Development

- First smile (5-7 weeks)
- Watches your face when you talk to him (4-6 weeks)
- Laughs (around 3 months)

What you can do

- Let him look into your face as you talk to him
- When he cries try to figure out if he is hungry, needs a new diaper is too hot or too cold, or may have gas
- If he's tired and fussy, help him to relax or to go to sleep
- Your responsive actions teach him that you're there to meet his needs and that he can trust you

Our Advice

- There really is no such thing as spoiling a newborn
- It's understandable if you feel frustrated or unhappy with your baby because he cries a lot or doesn't smile. It can be difficult to figure out what newborns need to stop crying.