

YOUR NEWBORN'S DEVELOPMENT

As a newborn, your infant will most likely have reached the milestones listed here. Trust your gut, and please do not hesitate to discuss any concerns you may have with your doctor or midwife. **Your child is unique, and each baby's progress is a continuous fluid process.** As a new parent, take the time to learn, enjoy this time, and be patient.

INTERACTIVE BEHAVIORS

- Smile spontaneously and for no reason (perhaps from gas)
- Begin to sense smell
- Begin to turn their head toward sounds
- Begin to distinguish your voice from another (nonhuman) sound
- Be more sensitive to your voice
- Relax to a calm tone of voice
- Cry a lot at times for no apparent reason
- Make tiny gurgling "happy sounds" when content
- Sense your mood from your touch and sound
- Begin to show a preference for the human face

VISION

- Is unable to focus just yet
- Will, at best, be able to see (in focus) eight to ten inches away

MOTOR SKILLS AND MOVEMENT

- Move in a jerky fashion with uncontrolled movements
- Wave their arms and legs, while the body squirms and wiggles
- Not be able to support their head without assistance
- Not be able to turn over on their own
- Not be able to sit upright without support
- Will begin to raise their head very briefly while lying on the tummy or when held on your shoulder

REFLEXES

- Swallowing, sucking, coughing, gagging, crying, yawning, blinking, sneezing
- Begin to grasp items placed in their hands
- Suck whatever is placed in their mouth

SLEEP/WAKEFULNESS

- Typically sleep a total of seventeen to twenty hours per day
- Cry and fuss for one to four hours per day
- Be alert, yet quiet and relaxed, for two to three hours per day

