



Ages and Stages: Newborn to 1-month

Your baby is learning to adjust to life in the outside world. Most of your baby's time will be spent sleeping, crying, or eating. Your baby is totally dependent on you to meet his or her needs. Much of your time will be spent figuring out the best ways to meet their needs.

Your newborn:

- may sleep 17 to 19 hours a day.
- will need support for his or her head. It may wobble if you don't support it.
- needs to be held while being fed.
- may try to suck, even when not eating.
- may turn his or her head from side to side.
- can see, hear, feel, taste and smell.
- will respond to voices - - - especially parents' voices.
- may be frightened by rough handling, loud voices, and bright lights.
- may keep his or her hands in fists.
- will enjoy looking at faces, shapes, and outlines.

Your newborn wants you to know several things. He or she:

- may need comfort. When babies cry, it means they need you. If you respond quickly, it will help him or her learn to trust you.
- will probably do best sleeping on his or her back.
- wants variety. Change the baby's position or surroundings occasionally so he or she can look at different things.
- may get upset by too much noise or too much excitement. When the child no longer wants to play, give him or her a rest.
- will NOT be spoiled by love. Babies grow and learn when they are held close, smiled at, and talked to gently.
- wants you to talk to him or her. Face the baby when talking so he or she can see you and smile with you. You may even want to babble back or echo sounds your baby makes.
- enjoys looking at your face when you are feeding him or her. Babies also enjoy hearing you talk while you feed, change, and dress them.
- is unique. If you watch your baby closely, you will get clues about how he or she likes to be handled.

Your baby wants you to know several things about feeding and care. He or she:

- will usually take 20 to 30 minutes to eat. Never prop your baby's bottle but use feeding time to hold, soothe, and talk with your baby.
- may require 6 - 10 feedings every 24 hours to a total of 22 ounces.
- may need 4 to 6 sleep periods per 24 hours.
- changes positions about once every minute. Unless you are traveling, avoid confining your baby in a car seat.
- will enjoy being able to see other people and hear the sound of voices.
- needs lots of hugs, kisses, smiles and snuggles.

* The information is considered typical for this age. If you have questions about your child's development, contact your pediatrician or health care professional. If we do all we can do to help children develop and grow now, they will have the best chance to succeed in life.

Adapted from Alabama Cooperative Extension System by Traci Johnston. Originally developed by Ellen Abell and H. Wallace Goddard.