



First week (appropriate up to one week)



Your baby may be ready to...

- ☼ Respond to sounds by being startled, blinking, crying, becoming quiet, or changing his breathing
- ☼ Look at faces and follow objects with her eyes; respond to your face and voice
- ☼ Move his arms, legs, and head

Health visit within the first week

- ☼ This is a good time to ask any questions you have.
- ☼ Talk about how things are going with your new baby. How is the family adjusting?
- ☼ Share any concerns you have about your baby's care. Who is helping you at home?
- ☼ Tell your health care provider about your baby's sleeping and eating habits. What are your baby's hunger cues? How many wet and poopy diapers a day does your baby have? (6-8 wet and several poopy diapers a day show that your baby is nursing enough)
- ☼ Talk about your baby's personality.
- ☼ Share how you are taking time for yourself and resting when the baby rests.

Your health care provider may...

Check your baby's length, weight, head size, ears, eyes, nose, mouth, heart sounds, reflexes and responses, skin, belly button, and do other procedures (see the *Physical exam checklist* on page 81) ☉ take a blood sample ☉ give an immunization (see the immunization schedule on page 75)





One month

Your baby may be ready to...

- ☼ Respond to sound by being startled, blinking, crying or quieting
- ☼ Look at faces and follow objects with his eyes
- ☼ Move her arms, legs, and head; lift her head briefly while on her stomach
- ☼ Sleep for 3 to 4 hours at a time; stay awake for 1 hour or longer

Health visit

- ☼ This is a good time to ask any questions you have.
- ☼ Talk about how things are going with your new baby. What have you found out about her personality?
- ☼ Share any concerns you have about your baby's care, growth and development; providing a safe home for your baby; skin care; colic; crying; thumbsucking; sleep patterns; knowing signs of illness, etc.
- ☼ Talk about any changes in your baby's eating or sleeping habits.
- ☼ Ask about signs and symptoms of common illnesses you should look for in your baby. Talk about useful over-the-counter medications you should have at home. Share information about any illnesses or injuries, including visits to other health centers or the emergency room.

Your health care provider may...

Check your baby's length, weight, head size, scalp, ears, eyes, nose, mouth, heart sounds, reflexes and responses, skin, belly button, and do other procedures (see the *Physical exam checklist* on page 81) ☉ take a blood sample ☉ give an immunization (see the immunization schedule on page 75)



Two months



Your baby may be ready to...

- ☼ Coo, gurgle, and sigh to express himself
- ☼ Show pleasure with parents; smile back when you smile
- ☼ Be interested in hearing sounds and looking at objects; Respond to voices
- ☼ Lift her head, neck and upper chest with support on forearms while on her stomach
- ☼ Have increasing head control when he's in an upright position

Health visit

- ☼ This is a good time to ask any questions you have.
- ☼ Talk about how things are going with your baby. Share what you have learned about your baby's personality.
- ☼ Share any concerns you have about your baby's care, growth and development. How are you preparing your home to be safe when your baby begins to move around?
- ☼ Talk about information your family and other parents have been sharing with you.
- ☼ Ask for simple signs and symptoms of common illnesses to look for in your baby. Share information about any illnesses or injuries, including visits to other health centers and the emergency room.

Your health care provider may...

Check your baby's length, weight, head size, ears, eyes, nose, mouth, heart sounds, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ☉ take a blood sample ☉ give an immunization (see the immunization schedule on page 75)



Four months

Your baby may be ready to...

- ✿ Lift his head and chest; control his head well; roll over
- ✿ Babble, coo, smile, laugh and squeal to express herself
- ✿ Hold hands open; hold his own hands; reach for and bat toys and objects; grasp rattles
- ✿ Recognize your voice and touch
- ✿ Sleep for at least 6 hours at night

Health visit

- ✿ This is a good time to ask any questions you have.
- ✿ Talk about how things are going with your baby. Share how your family is handling the baby.
- ✿ Share any concerns you have about your baby's care, growth and development. How does she move around? How have you provided a safe home for your baby?
- ✿ Ask about starting your baby on solid foods (see page 94 for tips). What kind? How much?
- ✿ Talk about your baby's sleeping habits. Talk about bedtime routines and how easy or hard it is to put him to bed when he's still awake.

Your health care provider may...

Check your baby's length, weight, head size, ears, eyes, nose, mouth, heart sounds, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ☉
 take a blood sample ☉ give an immunization (see the immunization schedule on page 75)





ix months



Your baby may be ready to...

- ☼ Recognize her own name; turn to sounds
- ☼ Begin to say "dada" or "baba"; laugh, squeal or imitate other sounds
- ☼ Push up onto hands while on stomach; sit with support; keep head up; stand when placed; roll over
- ☼ Transfer cubes from hand to hand or rake in small objects; grasp and put objects in his mouth
- ☼ Have her first tooth; begin to feed herself

Health visit

- ☼ This is a good time to ask questions.
- ☼ Talk about: how things are going with your baby; games you play together; types of solids he's eating; how well he's using a cup.
- ☼ Share any concerns you have about your baby's care, growth and development. Talk about checking your home for hazards at your baby's level.
- ☼ Talk about information other parents have been sharing with you.
- ☼ Share information about any illnesses or injuries, including visits to other health centers and the emergency room.

Your health care provider may...

Check your baby's length, weight, head size, ears, eyes, nose, mouth, new teeth, heart sounds, muscle tone, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ☉ take a blood sample ☉ give an immunization (see the immunization schedule on page 76)



9 Nine months

Your baby may be ready to...

- ✿ Get up on his hands and knees and crawl or move by scooting on his bottom
- ✿ Become anxious with strangers or be upset when you are away from her
- ✿ Put objects into his mouth; feed himself with fingers; poke with his finger
- ✿ Drop, throw, shake, or bang toys to see what happens
- ✿ Pull herself to a standing position; sit without support
- ✿ Learn how to wave "bye bye"
- ✿ Play peekaboo or pat-a-cake
- ✿ Respond to his own name; say a few words like "mama" or "dada"; understand a few words



Health visit

- ✿ This is a good time to ask your health care provider any questions you have.
- ✿ Talk about how things are going with your baby. Do you notice any changes in her personality? How does she interact with others?
- ✿ Share any concerns about your baby's development. Share how your baby is eating, the types of table foods, and how well she drinks from a cup.
- ✿ Talk about emergency procedures you have set up for your family. Share information about any illnesses or injuries, including visits to other health centers and the emergency room.



Your health care provider may...

Check your baby's length, weight, head size, ears, eyes, nose, mouth, new teeth, heart sounds, muscle tone, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ☉ take a blood sample ☉ give an immunization (see the immunization schedule on page 75)

