

A pink graphic consisting of two overlapping rounded rectangular shapes. The top shape is a lighter shade of pink and has a circular hole on its left side. The bottom shape is a darker shade of pink and has a circular hole on its right side. The text is centered within the top shape.

## Development- Eight weeks

Your baby is growing and learning every day. They are interested in their environment and learning through their relationships with you and your family.

## At Eight weeks you may notice your baby

- Has an increase in crying and fussiness which peaks at this age, but can continue to 12-16 weeks
- May have longer blocks of sleep overnight 4-5 hours
- Has made a strong bond with you
- Your baby recognises you
- Is more alert to sound
- Is smiling and responds to your smiling
- Make eye contact with you when you talk to them
- Follow you with their eyes and watch you
- Copy your facial expressions
- Has discovered their fingers and hands which will be open some of the time
- Bringing their hands together
- Has more speech sounds and gurgling
- Open their mouth when they see the breast or bottle
- Lifting their head higher and turning it side to side when on their tummy



# How to help your Baby Develop

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- Talk to your baby regularly
- Respond to your baby when they are crying
- Look into your baby's eyes when you are talking to them
- Copy your baby's facial expressions when playing with them
- Smile at your baby
- Cuddle your baby regularly
- Talk, sing and read to your baby
- Play with your baby, get down on the floor with them
- Lay your baby under a play gym and play with them
- Give your baby some tummy time, 1-5 minutes regularly
- Give your baby a massage

