



Newborn Baby Development Stages

Your baby will develop rapidly in the first 12 months of life, remember there is a wide range of normal. Some weeks you may notice a lot of changes and other weeks no changes.

If your child is premature, you will need to adjust their age to their due date when you are observing their developmental milestones.

Newborns are getting used to their new environment and will be drawn to lights, sounds and sights. Newborns enjoy lots of cuddles and will cry to communicate with you.

As a newborn you may notice your baby

- Crying around 5-6 hours per day
- Spending lots of time feeding, sleeping, and crying
- Focusing on your face
- Startling to sounds
- Grasping your fingers when you place them in their hands
- Making grunting noises which are early speech sounds
- Making jerky movements
- Turning their head towards light and sound
- Lifting their head briefly when on their tummy
- Legs making crawling movements when placed on their tummy



How to help your Baby Develop

- Talk to your baby in a soothing calm voice
- Respond to your baby when they are crying
- Look into your baby's eyes regularly
- Make faces and smile with your baby
- Cuddle your baby regularly
- Talk, sing and read to your baby
- Give your baby some tummy time
- Give your baby a massage
- Give your baby skin to skin contact

