

Milestones

From 1-5 Weeks most babies:

- can best see things about 8-12 inches away and stare at faces (especially eyes)
- may feed every 1-4 hours in the first two weeks
- will lose the stump of umbilical cord in 2-3 weeks (although there is quite a bit of variation)
- know Mom's voice
- have blackish-green bowel movements in the first 4-5 days. Later, a breastfed baby's stools may resemble light grainy mustard; a formula-fed baby's stools may be tanner and firmer.
- enjoy watching faces
- like black and white patterns
- need to be cuddled and cradled

From 6-7 Weeks most babies:

- kick feet, wave and move their hands
- have more predictable feeding and sleeping patterns
- may lift head slightly when lying on their belly
- may begin to enjoy baths
- turn their faces away when there is too much activity or talking
- push up their head and chest when on tummy
- move their body actively in response to voices
- Laugh, coo and make other noises
- enjoy touch
- turn their heads towards sounds
- soothe while cuddling
- smile
- watch faces and objects
- Bring hands to mouth

Indicators for Concern

By the end of the 3rd month, your baby:

Should be able to:

- on stomach, lift head up 45 degrees
- follow an object about 6 inches above the face from straight ahead to the side

Will probably be able to:

- laugh out loud
- on stomach, lift head up 90 degrees
- squeal in delight
- bring both hands together
- smile spontaneously
- follow an object about 6 inches above the face from one side to the other

Premature infants generally reach milestones later than others of the same birth age, often achieving them closer to the adjusted age (the age they would be if they had been born at term), and sometimes later. If your infant does not achieve any of the above milestones you should consult with your pediatrician for a referral, screening or evaluation.

For more information contact:

American Academy of Pediatrics
1-847-434-4000
www.aap.org

Family Health Line
1-800--BABY(2229)



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What to Expect: Your Baby from Birth to 2 Months

Becoming a parent is an exciting change in your life. Parents and babies learn together. During the first few weeks after your baby is born you may be surprised by how many changes occur.



Healthy Start Coalition
of Miami-Dade

Your new baby has arrived. Becoming a parent is an exciting change in your life and presents new challenges. It will take time to feel comfortable in your important new role. Being a parent might be different than what you thought it would be. Parents and babies learn together. Bringing home your baby will mean lots of changes for you, your partner and your family.

Feeding Your Newborn

Babies can become dehydrated very easily. Make sure you feed your newborn at least every 3 hours. Your baby should have at least 6-8 soiled (both wet and stools) diapers each day. Newborn babies need breast milk or formula on demand. Most babies can have a feeding eight or more times in a 24 hour period. Breast-fed babies will need to eat every 1-2 hours in the first 4-5 weeks, while formula-fed babies will need to eat every 2-3 hours initially. If you formula-feed make sure to follow the instructions on the packaging.



Safe Sleep

In the first few weeks it may seem like your baby sleeps all the time. Some babies sleep as little as 10 hours per day while others need quite a bit more. Your baby's sleep patterns will be completely different from your own. Most babies have 5 or 6 cycles of waking and sleeping, so most new mom's have to get up in the middle of the night. Place your baby on his or her back unless your doctor tells you otherwise. Use a crib that meets current safety requirements and has a firm mattress and slats

that are no more than 2 3/8 inches apart. Don't let your baby sleep with pillows, blankets, stuffed animals or towel rolls propping your baby on his/her side.

Keeping Your Baby Safe

- Babies should always sit in a car seat when you travel in your car. It is illegal to hold a baby in your lap or lay your baby on the seat while driving. Put the car seat facing backward in the middle of the back seat of the car.

- When placing your baby in it's carrier or car seat, remember to fasten the seat belts immediately. When your baby is in it's carrier or car seat, do not leave it on a counter or table. Keep the carrier on the floor.

- When you put your baby down to sleep, lay him down on his back. This helps to reduce the risk of Sudden Infant Death Syndrome (SIDS). It is ok for a baby to spend time on their tummy when awake to build up arm and neck muscles, but your baby should always be put on its "back to sleep".



- Always test the water before putting your baby in the tub for a bath. Keep one hand on the baby at all times and make sure to support your baby's head and body. Remember—it doesn't take long for a baby to drown. Never leave your baby alone in the bathtub.

- Do not leave your baby in direct sunlight. It is easy for babies' skin to burn.

- Make sure your home has a smoke detector and a carbon monoxide detector to help protect you and your family.

- If you use a pacifier for your baby, do not tie it with a string around your baby's neck or use a pin to

attach it to the baby's clothing.

- Keep your baby's clothing light and loose and only wash your baby's clothes in mild soap.
- If you formula-feed, always hold the bottle while feeding. Never prop a bottle.

Helping Your Baby Grow and Learn

- A baby's brain develops faster before age one than at any other time in life. The contact you have with your baby greatly affects how your baby will learn and grow.

- When you provide responsive and loving care to your baby, you help to stimulate their brain development. Holding and touching your baby helps to stimulate growth.

- Babies' brains are influenced by the relationships they have with their parents and other caregivers, their sense of light, sound, smell, touch and taste, and the feelings they experience.



- Use your baby's "alert" time to help her grow and learn. Smile when you talk to your baby. More than anything, babies want to look at and touch their caregivers faces. As early as three weeks babies will begin to imitate the facial expressions of the adults who are caring for them.

- Respond to your baby's cues. You can talk, read and sing to your baby.

- Give your baby warm loving responses to physical needs (hunger, dirty diapers) when your baby cries.