

Newborn to 2 Weeks: Overview of Development



Language & Communication Development



Crying

Your baby is already a great communicator - crying is their way of saying, "Hey, I need you!"



Familiar Voices

Recognizes familiar voices, especially their main caregiver's voice.



Sound Reactions

May startle or calm in response to loud sounds.



Newborn Noises

Makes little grunts, sighs, and adorable newborn noises.



Head Turning

Turns their head toward your voice.

Motor & Physical Development



Head Control

Can briefly lift their head when placed on their tummy.



Arm & Leg Movements

Moves arms and legs in cute little bursts of energy.



Reflexes

Displays reflexes like sucking, rooting, and grasping.



Tiny Fists

Naturally keeps hands in tiny fists.



Wobbly Movements

Their movements are still a bit wobbly - totally normal!

Socioemotional Development



Faces

Looks intently at faces - especially their main caregiver's face!



Soothed by Touch

Soothed when held close or rocked gently - when they feel connection.



Snuggles

Prefers being snuggled up over anything else.



Scent & Voice

Recognizes your scent and voice as the ultimate comfort.



Cozy Position

Might already have their favorite cozy position.

Cognitive Development



High-Contrast Patterns

Loves looking at high-contrast patterns and faces.



Moving Objects

Stares at lights or moving objects (ceiling fans are fascinating!).



Learning You

Is already learning your face and voice.



Environment

Reacts to changes in their environment.



Alert Moments

Shows signs of being more alert at certain times of the day.

References

- References: American Psychological Association (APA), American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Zero to Three, HealthySteps.