

# 1 Month: Overview of Development



# Motor & Physical Development



## Head Lifting

Lifts head briefly when lying on tummy.



## Smoother Movements

Moves arms and legs more smoothly than before.



## Open Hands

Starts opening hands more often and brings them to their mouth – hello, self-soothing!



## Head Turning

May start turning their head from side to side.

# Language & Communication Development



## Cooing Sounds

Starting to make soft cooing sounds – music to your ears!



## Varied Crying

Cries with different pitches to tell you exactly what they need.



## Familiar Voices

Turns toward familiar voices, especially yours.



## Soothing Tones

May quiet when spoken to gently and begins responding to soothing tones.

# Socioemotional Development



## Familiar Faces

Recognizes and prefers familiar faces – especially yours!



## Social Smiles

Shows early signs of social smiles – those first grins are magical.



## Skin-to-Skin

Enjoys skin-to-skin cuddles for bonding and comfort.



## Rhythmic Soothing

Can be calmed by rhythmic movement, like rocking or bouncing.



## Voice & Heartbeat

Loves the sound of your voice and heartbeat above all else.

# Cognitive Development



## Close Focus

Begins to focus on objects up close – about 8–12 inches away.



## Watching Faces

Watches your face closely during feedings, taking it all in.



## Bold Patterns

Shows interest in bold patterns and moving objects.



## Sensory Reactions

Starts reacting to sensory experiences, like gentle tickles.

# References

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