

NORMAL DEVELOPMENT BIRTH TO 1 MONTH

SOCIAL MILESTONES

Shows preference for the human face.
Smiles spontaneously and unselectively.
Senses parent's emotional state from the touch.
Begins to distinguish a parent's face from a stranger's face.

MOVEMENT MILESTONES

Moves with jerky, mostly uncontrolled motions.
Waves arms, kicks legs, wiggles and squirms.
May turn head from side to side while lying on back.
May raise head briefly when lying on stomach.
Brings hands within range of eyes and mouth.
Behaves largely in terms of reflex actions like crying, grasping, yawning, swallowing, sucking, blinking, coughing, gagging and sneezing.
Is startled by sudden noises and movements.

LANGUAGE MILESTONES

Makes tiny gurgling sounds when content.
Hearing is fully mature.
Begins to turn in the direction of sound.
Begins to distinguish the human voice from other sounds.
Is more sensitive to high-pitched voices, especially mother's voice.
Is best calmed by a soft, rhythmic voice.

VISUAL MILESTONES

Focuses 8-12 inches away.
Eyes wander and occasionally cross.
Prefers black and white or high contrast patterns.
Prefers human face to other patterns.
Follows to midline.

SMELL AND TOUCH MILESTONES

Prefers sweet smells.
Avoids bitter or acidic smells.
Recognizes the scent of his own mother's breast milk.
Prefers soft to coarse sensations.
Dislikes rough or abrupt handling.

SLEEP AND BEHAVIOR MILESTONES

Usually sleeps from 17-20 hours per day.
Cries and fusses about 1-4 hours per day.
Is alert and quiet about 2-3 hours per day.

IF YOU NOTICE ANY OF THE FOLLOWING SIGNS OF DEVELOPMENTAL DELAY, CALL YOUR DOCTOR.

- 1) Sucks poorly and feeds slowly.
- 2) Doesn't blink when shown a bright light.
- 3) Doesn't focus and follow a nearby object moving side to side.
- 4) Rarely moves arms and legs; seems stiff.
- 5) Seems excessively loose in the limbs; floppy.
- 6) Lower jaw trembles constantly, even when not crying or excited.
- 7) Doesn't respond to loud sounds.