

BABY'S 1ST YEAR

0-3 MONTHS

Visual

- Newborn: Can distinguish objects about 12 inches away, but can't identify colors
- 1 Month: Attracted to objects with striped patterns, bright colors, & mom's face
- 2 Months: Start to track objects of interest. Stare at their hands with curiosity

Motor

- From the moment of birth, baby will grasp your finger when you place it in their palm. It is a conditioned reflex that provides your baby with a sense of security
- Most newborn hand movements are unconscious
- Around 2 months, babies begin grasping lightweight blankets, but they still find it difficult

Gross Motor

- From early on, gently touching the bottoms of baby's feet will tickle them
- Newborns unconsciously move their feet as they gradually develop gross motor skills
- 1 month old babies move their head from side to side when on their stomach
- 2 month old babies will lift their head up briefly while on their belly

Auditory

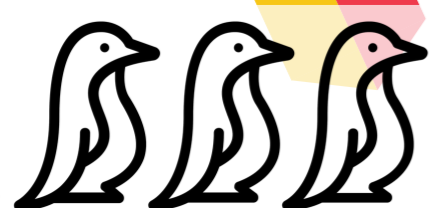
- After birth, babies can immediately identify voices that they heard in the womb
- Research has shown that babies respond more positively to high-pitched voices
- Steady swooshing sounds that emulate womb sounds are calming to newborns
- Newborns innately turn to try to locate sounds of interest

Oral

- Babies tend to suck on everything put near their mouths
- Babies become more skillful with their suckling around 1 month as their oral muscles develop
- Babies begin to babble around 2 months, which is their first step toward word formation



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