

What's Up? Your Baby's Development



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

1-Month Visit

The first months of baby's life are all about them learning to feel secure in the world.

1–2 MONTHS: What's Happening?

What Your Baby Can Do

I am getting to know you and the other people who love and care for me.



- I recognize your face, voice, and smell.
- I respond to your smile and touch with pleasure.

I learn to trust you when you respond to my cries.

- I often stop crying when picked up and soothed, but sometimes I do not.
- Sometimes I keep crying, but that doesn't mean you are doing anything wrong.
- I may like being rocked, bounced, or swinging in a baby swing.

What You Can Do

Talk and sing to your baby.

This helps them feel loved and supports their bonding with you.



Hold your baby. Try some skin-to-skin cuddle time with your little one.

Remember that you can't spoil a baby.

It is OK to pick up your baby whenever they cry. It's also fine to finish your task while using your voice to comfort them from afar. Tell "I'm right here. I'm washing my hands and will be right over."

It will help baby calm down if you can stay calm. If your baby won't stop crying and you have tried everything, don't worry. Even if you are just holding and comforting them you are teaching them that you will respond to their needs.

As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than noted and still be growing just fine. Every child develops at their own pace. Your HealthySteps Specialist will be available to answer any questions. Your family's cultural beliefs and values are also important factors that shape your child's development.

Other Things to Know and Try

- ❑ If your baby cries a lot, speak with your baby's pediatric primary care provider. Crying may have a medical cause. It could be a food sensitivity, heartburn, or other physical difficulty.
- ❑ Try different positions for your baby. Try putting them face down on your knees and rubbing their back. Try swaddling. It reminds them of being in the womb!
- ❑ Try motion. Gently bouncing your baby may lead to less crying.¹
- ❑ Use soothing sounds. Talk or sing softly to your baby. Try a shushing sound in their ear or running a fan.
- ❑ Turn it all down: lights, sounds, and textures. Sometimes less is more and means less crying for babies.
- ❑ Reach out for support. Ask family and friends to give you a break. Everyone needs support!
- ❑ Stay calm. When you're calm, it helps your baby get calm. If you are feeling frustrated, put your baby on their back in a safe place—like the crib. Take a short break. Crying won't hurt your baby and taking a break will let you soothe another very important person...you!
- ❑ Don't give up. Soothing your baby is learned through trial and error. If one thing doesn't work, try another. Hang in there and eventually the crying will get better.



At this visit the pediatric team will measure your baby's length, weight, and head. They will listen to your baby's heart and look at their eyes, ears, nose, and mouth. Your baby will get any needed vaccines. We will talk about your baby's development and routines such as sleeping and eating. We will also review safety tips. And, of course, we will make time to discuss any questions or concerns you might have!

1. [healthychildren.org/English/ages-stages/baby/crying-colic](https://www.healthychildren.org/English/ages-stages/baby/crying-colic)