

## Physical Development

**All children are unique and will develop at their own pace.** But there are some typical milestones that mark most babies' development. In his first few months, your baby will sleep about 15 hours each day. His eyesight and hearing will sharpen, and his brain will continue to develop.

### 1<sup>st</sup> month

- loses weight after birth, then begins gaining 120 to 240 grams (¼ to ½ lb) per week
- needs head supported
- recognizes your voice and is startled by noise

### 2<sup>nd</sup> month

- lifts head half-way while lying on tummy
- unfolds hands
- moves eyes together and watches moving objects
- reaches for objects and holds them for a short time

### 3<sup>rd</sup> month

- stretches arms and legs
- rolls over from back to side
- holds head up to watch and listen
- holds objects for longer amounts of time
- swipes with arms
- briefly bears weight on legs
- may get first tooth

### 4<sup>th</sup> month

- stands with help
- rolls over from front to side
- sits with arms propped
- lifts head almost fully

### 5<sup>th</sup> month

- rolls over from front to back
- grabs toes and feet
- wiggles forward on floor
- reaches with good aim
- passes objects from hand to hand

### 6<sup>th</sup> month

- holds head steady
- sits with back straight when propped
- grasps and studies small objects
- rolls in both directions
- weighs twice as much as at birth



### DID YOU KNOW

Your new baby can tell light from dark, see shapes and patterns and briefly focus on things 18 to 45 cm (7 to 18 inches) away.



### DANGER

Your baby will put anything in his mouth, so only give him things too big to be swallowed.



### BRAIN BUILDER

- Hold up bright objects that make noise when he hits them.
- Let him feel things with different textures.
- Play in front of a mirror.



### TRY THIS

Make lots of time for skin-to-skin contact, walks with your baby in the fresh air, supervised baths and tummy time (see [Healthy Habits](#)).