

Developmental Milestones

- ❖ Begins to recognize familiar voices.
- ❖ Reacts to sounds by blinking, crying, or startling.
- ❖ Can lift head briefly while lying on stomach.
- ❖ Crying or fussing signals a need, such as being hungry, tired, hot or cold, having a dirty diaper, or wanting to be held.



Parenting Tips

- ❖ Hold, cuddle, sing to, and rock your baby as much as possible. Every touch and sound helps to develop your baby's brain.
- ❖ Respond to your baby's cry. It's not possible to spoil a baby this way.
- ❖ Make sure to get adequate sleep and eat well.

References

American Academy of Pediatrics. (2014). *Ages and Stages*. Retrieved from <http://www.healthychildren.org/English/ages-stages/Pages/default.aspx>

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