

# Baby Milestones By Age

## Newborn: Birth to 8 Weeks

(Milestones reflect what most babies are beginning to do by this age.)



### What this can look like in everyday life

- Your baby quiets when you pick them up
- They look at your face during feeding
- They react to your voice
- They briefly lift their head during tummy time

## What most newborns are doing:

### Social & Emotional

- Begins to smile at people
- Looks at caregivers and seems happy to see them
- Can calm briefly by sucking on hands or fingers

### Communication

- Makes cooing sounds
- Turns head toward voices
- Begins to make sounds during interaction

### Cognitive / Learning

- Pays attention to faces
- Follows objects with eyes from side to side
- Looks at toys for several seconds

### Movement / Physical

- Holds head up briefly during tummy time
- Moves arms and legs more smoothly
- Opens and closes hands

### Early Learning Foundations

Right now your baby is learning the basics of connection and communication:

- recognizing your voice and face
- calming with your help
- watching and listening to people
- making early sounds

These early interactions build the foundation for later language and learning.

### When to reach out to a professional:

- Your baby rarely reacts to loud sounds
- One side of the body moves much less than the other
- Feeding is consistently very difficult
- Your baby rarely looks toward faces