



What's It Like To Be 1 Month Old?

How I Grow

- I wobble my head if you don't hold me.
- I turn my head sideways when I'm on my stomach.
- I roll part-way from my back to my side.
- I keep my hands in a fist or slightly open most of the time.
- I root around and try to suck, even when I'm not feeding.

How I Talk

- I'm beginning to make some throaty sounds.
- I cry when I'm hungry, wet, tired or want to be held.

How I Respond

- I make eye contact with you.
- I stare at things, but I don't grab for them yet.
- I may not show much expression on my face, but I will soon!
- I may smile when I see or hear you.
- I get scared by loud noises, bright lights or rough handling.

How I Understand

- I prefer looking at patterns instead of solid colors.
- I know that I'm going to be fed at certain times.

How I Feel

- I feel comforted when you hold me close, smile and talk to me. Don't be afraid of "spoiling" me.

Date	_____
Weight	_____
Height	_____
Head circumference	_____
Next Appointment	_____

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