Grow
Early Education

Hitting Key Milestones

Baby Development 0-1 Month

What you can do to help your baby's development

- Look for and respond to your baby's cues.
- Comfort your baby when they cry.
- Look into your baby's eyes, and smile at your baby.
- Give your baby skin-to-skin contact, and try baby massage.
- Play with your baby – talk, read, sing and do tummy time.
- Make sure your baby has their routine health checks.

When to seek professional help at 0-1 month

Your baby:

- isn't making sounds
- isn't responding to bright lights or loud sounds
- isn't moving their arms or legs
- cries a lot and this worries you
- isn't feeding or sleeping the way you expect

Baby Development 1-2 Months

What you can do to help your baby's development

- Look into your baby's eyes. Smile, hold and cuddle them.
- Play with your baby – talk, read and sing to them.
- Give your baby tummy time.
- Look for and respond to your baby's cues.
- Comfort your baby when they cry.
- Make sure your baby has their routine health checks.

When to seek professional help at 1-2 months

Your baby:

- isn't making sounds or responding to noises or bright lights
- isn't beginning to smile
- isn't watching faces or looking you in the eyes
- cries a lot and this worries you
- isn't feeding or sleeping the way you expect

Baby Development 2-3 Months

What you can do to help your baby's development

- Play with your baby - talk, read and sing to them.
- Give your baby tummy time.
- Smile at your baby.
- Comfort your baby when they cry.
- Look for and respond to your baby's cues.
- Make sure your baby has their routine health checks.

When to seek professional help at 2-3 months

Your baby:

- isn't making sounds or responding to loud noises
- isn't smiling when you talk to or smile at them
- isn't looking you in the eyes
- cries a lot and this worries you
- isn't feeding or sleeping the way you expect

Source: raisingchildren.net.au