

Development at 1 Month: What Your Baby Can Do



Highlights

At 1 month, cuddling, sleeping, and feeding are the main activities for your baby.

By the end of the first month, babies can raise their head when placed on their stomach.

Babies begin to focus with both eyes and can track a moving object.

Most babies gain about 0.7 to 0.9kg per month and grow 2.5 to 4cm.

In This Article

Key milestones for your 1-month-old baby

How to support your baby's development

Signs of developmental concerns

Tools and assistance

What can my 1-month-old do?

At 1 month, your baby is still very much dependent on reflexes for their movements, but they are beginning to show signs of development.

Physical Development

Most of your baby's actions at this stage are reflexive, like sucking, swallowing, and grasping objects placed in their hands. If you place their feet on a flat surface, they may demonstrate stepping movements.

By the end of the first month, your baby will be able to lift their head when lying on their stomach and turn their head to one side. As their neck muscles strengthen, they will also start lifting and turning their head while in a car seat or carrier.

Cognitive Development

Your baby will begin to focus with both eyes and follow a moving object, which marks the beginning of their visual development.

Social Development

At this stage, babies prefer looking at human faces. They will gaze into your eyes when held about 45cm away and can recognize their parents by sight, smell, and voice.

Emotional Development

Your baby will cry when they are hungry or uncomfortable and may make gurgling noises when happy. Some babies may also start learning to soothe themselves by sucking on a dummy or their thumb.

How can I help my baby develop?

Bonding time: Spend time with your baby to help them feel secure. Looking into their eyes and smiling will strengthen your connection.

Engage their senses: Read and sing to your baby to stimulate their senses and keep them entertained.

Play and interaction: Play with your baby to foster emotional connection and support their development.

Neck strength: Help your baby develop neck strength by doing tummy time for 1 to 5 minutes at a time. Always supervise them during tummy time.

Safe sleep practices: Put your baby to sleep on their back to reduce the risk of sudden infant death syndrome (SIDS).

Signs of developmental concerns

While babies develop at different rates, talk to your doctor or healthcare professional if:

Your baby isn't feeding well.

They regularly sleep more than 16 hours a day.

They don't move their arms or legs.

They don't follow your face with their eyes or respond to seeing you.

They don't startle or seem unresponsive to sounds.

You are concerned about your baby's crying or sleep patterns.

Tools and Assistance

If you have concerns or would like to discuss any issues regarding your baby's development, the following resources may help:

Health professionals: For developmental assessments and personalized guidance.

Pediatricians: For expert advice and guidance on your baby's growth and development.

Parenting support groups: Connecting with other parents for shared experiences and support.

Books and online resources: Find information on baby care and development stages.