

Week 3 of a Baby's Life: Responding to Sounds and Early Skills



Highlights

By week three, the baby becomes more alert and expressive
Clear reactions to sounds appear, especially to the mother's voice
The baby begins to lift and briefly hold the head during tummy time
The first intentional smile may appear
Wake windows increase, making interaction more meaningful
This period may coincide with the first lactation crisis and maternal emotional vulnerability

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General Adaptation in Week Three

Baby Physiology

What a Baby Can Do

- Lift the head during tummy time
- Fix the gaze on a caregiver's face
- Show the first intentional smile
- Respond to sounds and recognize the mother's voice
- Begin making early vocal sounds \(\cooing\)
- Adapt body position when held

Vision and Hearing

Sleep Patterns

Feeding, Spit-Ups, and Lactation Crisis

- Offer the breast more frequently
- Prioritize rest \(\text{when the baby sleeps, the mother sleeps}\)
- Do not restrict fluids or food intake, with special attention to protein

Maternal Emotional Health and Postpartum Depression

- Persistent headaches or migraines
- Severe fatigue or exhaustion
- Sleep disturbances or insomnia
- Difficulty concentrating
- Loss of appetite
- Persistent sadness or hopelessness
- Sudden mood swings
- Anxiety, fear, or panic attacks
- Frequent crying or emotional numbness
- Anger or irritability
- Feelings of loneliness or dissatisfaction
- Feelings of guilt or shame
- Negative feelings toward the baby or any form of aggression

Physical Development