

Baby development

0 to 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.



If you're worried about your baby's development or your baby has lost skills they had before, talk to your child and family health nurse or GP.



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0 to 1 m/o development