

4 Weeks/1 Month

Body muscles have more tone - they tighten in tension when he is picked up.

Breathing is deeper and more regular.

Swallowing is firmer.

Eyes focus a little better but not well

Can lift head

Can raise his head from the surface while in the prone position.

Holds and activates this tonic-neck-position posture from time to time.

Momentarily lifts head while in prone position.

Reactions become more configured

Sleeps more definitely, wakes more decisively

When awake, usually lies with head averted to a preferred side.

Often extends the arm on that side crooking the other arm at shoulder level in a sort of fencing attitude.

Stares vacantly but seeks light or bright moving objects.

Regards an object brought into his vision.

Regards your face while you are in his direct line of vision.

These evidences of perceptual and pre-social interest are slight and fugitive. Some do not show them at all until 6 or 8 weeks.

Far from empty-minded.

There may be a trace of volition in some behavior.

Affect -appears stable and relatively well coordinated

By crying and other sign language, expresses demands and desires.

Awakens early, screaming for food

Sometimes stops crying after feeding, rocking, changing diapers, or bubbling

Sleeps most of the day and night.

Birth-6 Weeks

If the baby is lying on his back, his head turns to 1 side. The arm on the side to which his head is turned extends outward and the other is bent upward at the elbow, so that the newborn looks like a tiny member of a fencing team.

For about the first month, sudden noises or movements of his crib may make him stiffen his body, and he may cry and move his arms upward and outward. Fitful waking, sneezing, and choking may occur, which will disappear as his nervous system develops further.

He has very little muscular control. He may be able to raise his head slightly while lying on his stomach, but if you pull him into a sitting position, his head will drop forward. Most of the time his fists are clenched; if you press your finger into his hand, he will probably grasp it automatically. The most active muscles are his tiny eye muscles. Sometimes he stops all activity to "stare at sounds," such as the tinkling of a bell.

Toward the end of the first month, he may make small, throaty noises, but most of the time crying is his only language.