

Physical Development

All children are unique and will develop at their own pace. But there are some typical milestones that mark most babies' development. In their first few months, your baby will sleep about 15 hours each day. Their eyesight and hearing will sharpen, and their brain will continue to develop.



DID YOU KNOW?

Your new baby can tell light from dark, see shapes and patterns and briefly focus on things 18 to 45 cm (7 to 18 inches) away.



DANGER

Your baby will put anything in their mouth, so only give them things too big to be swallowed.



TRY THIS

Make lots of time for skin-to-skin contact, walks with your baby in the fresh air, supervised baths and tummy time (see [Healthy Habits](#)).



BRAIN BUILDER

- Hold up bright objects that make noise when your baby hits them.
- Let them feel things with different textures.
- Play in front of a mirror.



DID YOU KNOW?

When your child is about to make a developmental leap, it may seem like they're going backwards in another area. If a child is learning to crawl, for example, they may seem less interested in food or sleep.