



TALK WITH ME BABY

## — 1 Month Checklist —

*Your baby is experimenting and looking to you for a response. Encourage your baby's communication by mimicking the sounds your baby makes ("oohs" and "ahhs").  
Keep a running conversation with your baby whenever you are together.*

### What's happening at 1 month:

At one month old, your baby is laying the groundwork for speech with every sound she makes. Have you noticed your baby using her vocal chords in ways other than crying? She may coo and make "ahh" sounds this month, especially when she sees mom or dad. Babies learn by mimicking—so replay her sounds back to her. She not only loves the attention, but she's also finding out that her voice has power: she calls, you appear! Hearing you speak (besides being music to your baby's ears) is the best way to get your baby speaking and understanding.

### Look for these expected behaviors at 1 month:

- Suck well
- Cry for help
- Make eye contact
- Bring hands to face
- Respond to parents' smiles and voices
- Focus on faces, bold shapes, designs and colors
- Coos, gurgles, sighs, and grunts
- Makes eye contact with you to show her interest
- Cries to let you know when she is hungry, tired, hot, cold, bored, sick, or wants to be held.
- Pulls back, or turns away from you to show that she needs a break.
- Is startled by loud sounds
- Notices when loud sounds start and stop (a vacuum cleaner, telephone, etc.).
- Follow moving lights with their eyes.
- Prefer the faces of their parents to those of other people.
- Turn in the direction of sounds.
- Focus their eyes on objects up to a foot away.
- Constantly looks around at various people and things.
- Kick their arms and legs.
- Wriggle and squirm on your lap or in their cribs.
- Raise their hands to their mouths or eyes.
- Be startled by sudden movements or noises.
- Turn their heads when you touch their cheeks.
- Cry, scream, gurgle, sneeze, blink, and engage in other natural reflexes.
- Grasp an object or finger that is placed in their hand by reflex.

### Talk to your doctor if your child:

- Doesn't react to bright lights
- Seems especially stiff or floppy
- Doesn't respond to loud sounds
- Doesn't seem to focus his/her eyes or watch things moving nearby