

Your Baby's First Year, Week by Week: A Comprehensive Guide



Your Baby's First Year Week by Week by Glade B. Curtis

★★★★☆ 4.6 out of 5

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Congratulations on the arrival of your new baby! This is an exciting and transformative time for you and your family. As your baby grows and develops, you will witness a series of remarkable milestones and changes.

This comprehensive guide will provide you with an overview of your baby's first year of life, week by week. We will cover their physical, mental, and emotional development, as well as tips for caring for your newborn.

Week 1

Your newborn baby is adjusting to life outside the womb. They will be sleepy and spend most of their time sleeping (16-18 hours per day). They will also be feeding frequently and may have periods of fussiness or crying.

Physical Development:

- Weight: 6-9 pounds
- Length: 19-22 inches
- Head circumference: 13-14 inches
- Fontanelles (soft spots on the head): 2-3

Mental and Emotional Development:

- Recognizes your voice and smell
- Makes eye contact with you
- Cries when they are hungry, tired, or uncomfortable

Tips for Caring for Your Newborn:

- Feed your baby on demand (every 2-3 hours)
- Change your baby's diaper frequently
- Bathing your baby 2-3 times per week
- Keep your baby warm and comfortable
- Don't be afraid to ask for help from family or friends

Week 2

Your baby is starting to get used to their new surroundings. They will be more alert and interested in the world around them. They will also start to develop a regular sleep-wake cycle.

Physical Development:

- Weight: 7-10 pounds
- Length: 20-23 inches
- Head circumference: 13-15 inches
- Fontanelles (soft spots on the head): 2-3

Mental and Emotional Development:

- Smiles and coos
- Responds to your voice and touch
- Starts to develop a sense of self

Tips for Caring for Your Newborn:

- Continue to feed your baby on demand
- Start to introduce a regular sleep-wake cycle
- Talk and sing to your baby
- Play with your baby
- Offer your baby a pacifier if they are fussy

Week 3

Your baby is becoming more interactive and engaged. They will start to reach out for objects and make eye contact with you more frequently.

Physical Development:

- Weight: 8-11 pounds
- Length: 21-24 inches
- Head circumference: 14-16 inches
- Fontanelles (soft spots on the head): 2-3

Mental and Emotional Development:

- Reaches out for objects
- Makes eye contact with you more frequently
- Responds to your emotions

Tips for Caring for Your Newborn:

- Continue to feed your baby on demand
- Encourage your baby to reach for objects
- Talk and sing to your baby
- Play with your baby
- Offer your baby a pacifier if they are fussy

Week 4

Your baby is starting to develop their own personality. They will smile, laugh, and cry more frequently. They will also start to coo and babble.

Physical Development:

- Weight: 9-12 pounds
- Length: 22-25 inches
- Head circumference: 15-17 inches
- Fontanelles (soft spots on the head): 2-3

Mental and Emotional Development:

- Smiles, laughs, and cries more frequently
- Coos and babbles
- Develops a sense of humor

Tips for Caring for Your Newborn:

- Continue to feed your baby on demand
- Encourage your baby to reach for objects
- Talk and sing to your baby
- Play with your baby
- Offer your baby a pacifier if they are fussy

Week 5

Your baby is becoming more active and mobile. They will start to roll over, reach for objects, and crawl.

Physical Development:

- Weight: 10-13 pounds
- Length: 23-26 inches
- Head circumference: 16-18 inches
- Fontanelles (soft spots on the head): 2-3

Mental and Emotional Development:

- Rolls over from back to stomach
- Reaches for objects
- Crawls
- Recognizes familiar objects and people

Tips for Caring for Your Newborn:

- Continue to feed your baby on demand
- Encourage your baby to roll over, reach for objects, and crawl
- Talk and sing to your baby
- Play with your baby
- Offer your baby a pacifier if they are fussy

Week 6

Your baby is starting to babble and communicate with you more frequently. They will also start to develop their own sleep schedule.

Physical Development:

- Weight: 11-14 pounds
- Length: 24-27 inches
- Head circumference: 17-1



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