

Child Care Connections

We are a registered private non-profit agency that has been serving our 10 county region since 1979. As an advocate for high quality child care programs, Child Care Connections regularly assists child care professionals with

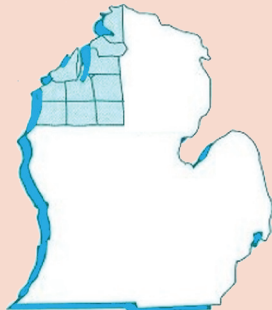
- a lending library
- trainings that focus on the care of children with special needs, infants and toddlers, and curricular enhancement
- advancements in education and training
- resources and information
- technical assistance
- sponsorship of the Child and Adult Care Food Program
- coordinates with other agencies to address issues affecting children and families

Parents are served through provider referrals and access to parenting resources and information. For a list of providers, parents and guardians may visit:
www.greatstartconnect.org.

Our Service Area

We serve the following counties:

Antrim
Benzie
Charlevoix
Grand Traverse
Kalkaska
Leelanau
Manistee
Missaukee
Wexford



(231) 941-7767 or (800) 968-4428 (toll free)
(231) 941-9412 (fax)

www.childcarenwmi.com

Our Mission

To promote and strengthen quality child care.



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This publication is funded by the Early Childhood Investment Corporation.

11-1010

Understanding Your Child's Development

One Month Old



Great Start Regional Resource Center



720 S. Elmwood Avenue, Suite 4
Traverse City, Michigan 49684

(231) 941-7767
(800) 968-4228 toll free
(231) 941-9412 fax
www.childcarenwmi.com





ONE MONTH

Child development not only encompasses a child's growth, it also shows the path as a child becomes able to do more complex activities. Although the "age specific tasks" listed can be used as benchmarks, the actual development rate is different for each and every child. These tasks are not tests; instead they indicate a continuum that human development follows. The differences from one individual to another are just a small part of what make each child so unique.

Physical Development

Measures: 20"-22"

Nutrition: Nursing eight to ten times in a twenty-four period. The one month old should be allowed to nurse as often as he wants. If there is any trouble with nursing, lactation consultants are available.

Sleeps: Fourteen to eighteen hours per day, perhaps staying awake for three hour periods.

Growth: The one month old is gaining 1/2 pound per week. His brain is growing rapidly.

Weighs: Eight to ten pounds

Movement

Gross Motor: A one month old is turning his head from side to side; he can lift his head if he is

on his stomach. An unsupported head may flop forward or back. The movement of the arms and legs is uncoordinated. Reflexes are still dominant.

Fine Motor: His hands can form a fist. He will grasp reflexively if an object is placed in his hand, and he can follow an object visually.

Intellectual Development

Perception: A one month old can focus from eight to twelve inches away, and can follow objects to his midline if it is moved slowly at this distance. He can also discriminate light and dark patterns.

Interest: A one month old enjoys watching hands and is very interested in watching faces as well as patterns in black and white.

Problem-solving: He can turn his head toward a stimulus and cry for assistance. He is adjusting to life in the outside world.

Socio-emotional Development

Expressive: A one month old responds positively to comfort (or to pleasing stimuli), and nega-

tively to pain, hunger, and discomfort.

Interaction: He may smile back at a face or a voice, makes eye contact, quiets himself down as he studies faces, adjusts his own posture to the body of the person holding him, grasps and clasps onto people, and holds a steady gaze at things in focus (nearby objects).

Language

As he reaches one month, he has sounds coming from his throat. Responding to noises and speaking directly to the child are the roles of the adult. The baby will respond to rhythmic movement. He needs to be soothed when crying. You cannot spoil a child with love!

Activities

A one month old can spend some time on a clean, soft quilt on the floor. A black and white mobile could be placed twelve inches away on the baby's preferred side. Soft music should be provided; singing is soothing. Lights should be dim. Taking the child to different areas of the home and familiar places outside of the home increases his awareness.