

## 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](http://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](http://www.childcarenwmi.com)

## Our Mission

To promote and strengthen quality child care.



In accordance with Federal law and U.S. Department of Agriculture policy, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, 1400 Independence Ave. SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720 - 6382 (TTY). USDA is an equal opportunity provider and employer.  
This publication is funded by the Early Childhood Investment Corporation.

11-1009

# Understanding Your Child's Development

## Newborn



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](http://www.childcarenwmi.com)





## NEWBORN

*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:** 17"-22"

**Nutrition:** Nursing eight to ten times in a twenty-four period. The newborn 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. Could be up to three or four hours at a time.

**Growth:** The newborn will lose up to 10% of his body weight in the first three days. The weight will be regained in the form of muscle.

**Weighs:** Seven to nine pounds

### Movement

**Gross Motor:** Turns head from side to side; cannot hold his head up yet. He is governed by reflexes.

**Fine Motor:** Reflexive prehension (grasping). The mouth is more sensitive than the hands, sucking and swallowing are the main focus. Eyes can focus up to twelve inches away.

### Intellectual Development

A newborn exhibits protective behaviors and uses all five senses. He sees light and dark patterns, can see objects up close, and can make out features of his mother's face six to twelve inches away. He can make small movements with his head and eyes in response to visual stimulation and is able to demonstrate visual preferences by looking at certain objects for longer periods of time. He likes to look at simple shapes and lines and he will shut out disturbing stimuli. Touch is the basic reflexive behavior (he will grip an object if his hand accidentally strikes it), he can somewhat distinguish tastes, he will turn away from unpleasant odors, his head moves towards

sounds, and he can recognize and differentiate the human voice from other environmental sounds.

### Socio-emotional Development

A newborn shows interest, excitement and distress and is very individual with preferences for different stimuli. He becomes alert to (and tries particularly hard to) focusing on faces. He will seek out the human voice, watch mouths and try to imitate the movements.

### Language

A newborn makes undifferentiated sounds and startles to sharp noises.

### Activities

Holding a newborn, talking to him, singing to him, frequent eye contact and listening to quiet music. The child has the capacity to recognize music that was played during pregnancy.