

## I am 8 weeks old

### My development – *Learn the Signs. Act Early.*

(what most babies do at this age)

#### Social/Emotional Milestones

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to them
- Smiles when you talk to or smile at them

#### Language/Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

#### Cognitive Milestones (learning, thinking, problem-solving)

- Watches you as you move
- Looks at a toy for several seconds

#### Movement/Physical Development Milestones

- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

#### **Act Early by talking to your child's doctor or child and family health nurse if your child:**

- doesn't respond to loud sounds
- doesn't watch things as they move
- doesn't smile at people
- doesn't bring hands to mouth
- can't hold head up when pushing up when on tummy.

For more ideas on spending time with me go to *Love, talk, sing, read, play* [www.lovetalkingreadplay.com.au](http://www.lovetalkingreadplay.com.au). A resource provided by Resourcing Parents.

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Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early.* Program ([www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly); February 2022).

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For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>

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