



ZERO TO THREE
Early connections last a lifetime



1 Month

SMALL MOMENTS, BIG CONNECTIONS

Your baby at 1–2 months

The first months of life are all about your baby learning to feel safe and loved in the world.

What your baby can do

Your baby is already getting to know you. They recognize your face, voice, and smell. They respond to your smile and touch. When you respond to their cries, they are learning to trust you.

- Your baby will often stop crying when picked up and soothed — but not always.
- Sometimes babies keep crying even when everything has been tried. That does not mean anything is wrong.
- Many babies enjoy being rocked, bounced, or swinging in a baby swing.

What you can do

Talk and sing to your baby. This helps them feel loved and builds your bond.

Hold your baby. Skin-to-skin cuddle time is warm and calming for both of you.

Pick up your baby when they cry. You cannot spoil a baby. It is always okay to respond to their cries. It is also fine to finish a task while using your voice to comfort them from nearby — "I'm right here. I'll be right over."

Stay as calm as you can. When you are calm, it helps your baby calm down too. If your baby won't stop crying and you have tried everything, just holding and comforting them is enough. You are teaching them that you will always respond.

Lots of caregivers feel overwhelmed by caring for a newborn. Ask trusted family or friends for help, or let your doctor know if you are struggling.

Every child develops at their own pace. Your baby may reach milestones faster or slower than other babies and still be growing just fine.



Other things to know and try

- If your baby cries a lot, talk to your baby's doctor. Crying can sometimes have a medical cause, like food sensitivity or heartburn.
- Try different positions — place your baby face down on your knees and rub their back, or try swaddling. It reminds them of being in the womb.
- Try gentle motion. Softly bouncing your baby may help.
- Use soothing sounds — talk softly, sing, try a gentle shushing sound, or run a fan nearby.
- Turn things down — lower the lights, sounds, and textures. Sometimes less is more.
- Ask for help. Reach out to family and friends for a break. Everyone needs support.
- If you feel frustrated, place your baby safely on their back in the crib and take a short break. Crying will not hurt your baby — and taking care of yourself matters too.
- Keep trying. Soothing a baby is something you figure out over time. If one thing does not work, try another.

At this visit

The care team will measure your baby's length, weight, and head size, and check their heart, eyes, ears, nose, and mouth. The team will talk with you about your baby's development, sleep, eating, and safety — and there will be time for any questions or concerns you have.

What comes next

Before your baby's 2-month visit, you may notice big changes happening fast. Your baby is becoming more alert, more social, and more interested in the world around them. This is a great time to bring any questions or concerns to the care team — no question is too small. They are there to support both your baby and you.

Have more questions?

Talk to your baby's healthcare provider or one of the professionals supporting your family.

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