

Infant August 2023



Parent Info:

What Is My Newborn Learning?

Play is the chief way infants learn how to move, communicate, socialize, and understand their surroundings. During the first month of life, your baby will learn by interacting with you.

The first thing your baby will learn is to associate the feel of your touch, the sound of your voice, and the sight of your face with getting his or her needs for comfort and food met. You can encourage your newborn to learn by stimulating your newborn's senses in positive ways — with smiles, soothing sounds, and gentle caresses.

Even at this young age, newborns are ready to learn about the world around them. A newborn loves to look at faces, especially mom's. Likewise, in the first days and weeks of life, newborns can recognize their mother's voice. Your infant will respond to your voice (or other interesting sounds) by looking alert and becoming less active. The baby may try to find out where the sound is coming from by looking around and turning his or her head.

When you smile and talk to your infant, your face and the sound of your voice will become a familiar source of calm and comfort, and your little one will learn to associate you with getting nourishment, warmth, and soothing touch.

Mary L. Gavin, MD

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