

Supporting Language & Literacy

0 to 1 Month: Your baby was born ready to communicate!

Crying, body movement, and eye contact are some of the ways baby expresses what they need, like, or don't like. By interacting with your baby, you have everything you need to help their brain grow strong.

Tips & Activities



Talk, sing, and play with your baby while feeding, dressing, and bathing.

Spend time cuddling and holding your baby.



Speak in the language you are most comfortable using.



Active engagement while reading with baby.



Intentionally use eye contact with your baby.

Common Language Milestones



Uses crying and body language to communicate needs (*hungry, wet diaper, tired*)

Able to see close up and prefers looking at eyes and faces of family

Recognizes and turns head towards the sound of parents' voices

Hears and responds to loud stimuli

Early Detection *is* Intervention

Your child is always learning! As a caregiver, you have an amazing opportunity to guide them on a path to success.

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Talk with your child's healthcare provider if your child:

Does not make eye contact

Does not cry when hungry or uncomfortable

Does not notice or respond to loud sounds



Source: Pathways.org

Additional Resources

[Pathways: Communication](#)

[Harvard University: Center on the Developing Child](#)

[Cox Campus](#)

[The Basics](#)

[CDC Milestones](#)