

My 1st Year BABY BOOK



CENTER FOR
Early Childhood
Mental Health
Consultation

Georgetown University Center for Child and Human Development

My 1st Year

EARLY CHILDHOOD
MENTAL HEALTH CONSULTATION

BABY BOOK

Introduction

Your baby's first year is an exciting time filled with wonderful new experiences, and your interactions today are crucial to his/her long-term physical, emotional, and cognitive development tomorrow. This book is designed to help you better understand your baby's development, recognize important milestones and write about your experiences together.

It is important to remember that babies develop in their own particular manner, so it's impossible to tell exactly when or how your child will acquire a given skill. The developmental milestones and activities provided in this book will give you a general idea of the changes you can expect, but don't be alarmed if your own baby's development takes a slightly different course. Children with disabilities may meet milestones at different times than children who are typically developing, and it is important to celebrate the progress your child makes. Contact your pediatrician if you have questions or concerns about your child's development, or visit the American Academy of Pediatrics website for information on key developmental milestones. (www.aap.org)

Try not to be overly concerned about completing the book page-by-page. If your child is already nine (9) months old, you should begin completing the book at the 6-9 month age range. You can go back and fill in information for the previous months when you have time. If your baby has not reached a developmental milestone during the age ranges presented in this book, still complete the page, making note of the actual age at which your child reached the milestone.

The goal is quite simple: complete the book within the first year (or close to) of your baby's life so that memories are fresh and have less time to fade as your baby continues to rapidly develop.

A few tips before beginning any of the activities included in this book:

- Make sure your baby is well rested, changed and fed. This may reduce his/her tendency to be fussy during play.
- If your baby appears fussy during an activity, simply stop and try again at another time.
- Talk with your pediatrician about any physical limitations you should be aware of during play with your baby at different ages.



0-3
MONTHS

How I Grow

• OBSERVATIONS •

BABY: **What I liked most about tummy time was...**

BABY: **I showed enjoyment by...**

CAREGIVER: **What I liked most about tummy time was...**

CAREGIVER: **What I learned about you from doing this activity was...**

Developmental Milestone

Your baby may begin to lift their head and chest while lying on their stomach! These 1st months are an ideal time to add “tummy time” to baby’s daily routine. Tummy time helps baby strengthen their neck, back and stomach muscles, which later prepares them for crawling.

Activity with Baby

Lay on the floor with your baby and place baby on his/her stomach for 1-2 minutes. While on the floor, shake a rattle or speak to baby in an excited voice to encourage your baby to look up at you. Applaud baby with claps or cheers when baby looks up and sees you. Remember, siblings can join in the fun as well and also use this opportunity to bond with baby. Should baby become irritated or seem uncomfortable, simply lift baby from the floor and try the activity again after a few minutes. NOTE: You can also rest baby on your stomach rather than the floor for tummy time. You may still use a toy or the sound of your voice to encourage baby to look up.



PLACE A PICTURE OF
YOU AND BABY HERE.

0-3 MONTHS What I Know

BABY: My favorite object to look at/follow was...

CAREGIVER: The first time I saw you follow an object I felt/thought...

[illegible]

CAREGIVER: What I learned about you from doing this activity was...

Your baby may begin to focus on and follow moving objects, including your face! Ever wonder why ceiling fans and mobile crib toys seem to mesmerize babies? It's because they are developing their ability to follow moving objects during this time.

Cuddle your baby in your arms so you are looking into each other's eyes. Take a large brightly colored object and hold it above your baby's face—at about the same distance as your face. Once the toy catches your baby's eye, slowly move the object up, down and from side to side. Watch with excitement as baby learns to track the moving object.



PLACE A PICTURE OF
YOU AND BABY HERE.

0-3
MONTHS

What I Say

• OBSERVATIONS •

BABY: The first sound I imitated was...

CAREGIVER: My reaction to you imitating sounds was...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to imitate sounds! Although your baby is not able to speak words at this age, they are able to recognize and imitate sounds. Using simple sounds with your baby will help develop an understanding of language and assist in building mouth and facial muscles necessary for later communication.

Activity with Baby

Begin this activity by holding your baby in your lap or placing baby in a stationary chair. Ask your baby, "Do you want to play?" while waving a toy in front of his/her face. When baby starts to babble, move the toy around and mimic those exact sounds. You can also start by saying "ba-ba-ba", "ma-ma-ma", "da-da-da", "na-na-na", and so on. The key here is to get baby "talking", encourage baby to keep it up by imitating his/her sounds, and then clap and cheer whenever baby respond.

PLACE A PICTURE OF
YOU AND BABY HERE.



• OBSERVATIONS •

BABY: My reaction to your singing and touch were...

BABY: I smiled when you...

CAREGIVER: I especially liked it when you smiled at/because...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to smile and show pleasure in response to social stimulation! Even at this early age, your baby is becoming aware of themselves and is also interested in others.

Activity with Baby

Try this out for a bit of fun social interaction. With this activity you will engage several of baby's budding new senses; sight, sound and touch. Sing the song "Head, Shoulders, Knees and Toes" to baby, pointing out baby's body parts as you go along. Gently touch, caress or wiggle baby's head, shoulders, knees, toes, eyes, ears, mouth and nose. Change the pace (either slower or faster) each time you sing a verse. If baby becomes unhappy, simply try the activity at another time. Remember to clap and cheer whenever baby gives you a smile. NOTE: Song lyrics and music can be downloaded from www.bussongs.com.



PLACE A PICTURE OF YOU AND BABY HERE.

3-6
MONTHS

How I Grow

• OBSERVATIONS •

BABY: The object I liked most to put in my mouth was...

BABY: The object I like least to put in my mouth was...

CAREGIVER: When I first saw you grab and place an object in your mouth I felt/though...

CAREGIVER: What I learned about you from doing this activity was...

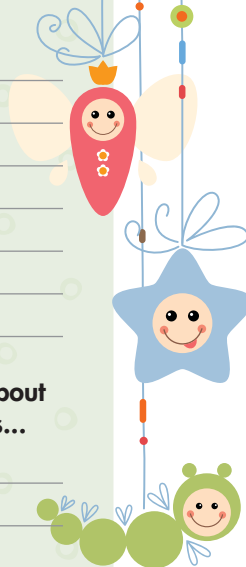
Developmental Milestone

Your baby may begin to reach, grasp, and put objects in their mouth! During this time, babies learn about the world around them by grabbing objects and placing them in their mouth. This exposes them to different textures, tastes and smells and builds their hand-eye coordination, which helps later with self-feeding.

Activity with Baby

Place your baby in a stationary chair and sit facing baby. Allow baby to grasp and explore (one at a time) several clean objects of different textures; a soft cotton sock, a plastic rattle, a flexible teething ring, a wooden toy block. Remember to clap and cheer as your baby grasps objects and place them in his/her mouth.

PLACE A PICTURE OF
YOU AND BABY HERE.



3-6
MONTHS

What I Know

• OBSERVATIONS •

BABY: The first expression I made in the mirror was...

CAREGIVER: What I liked about making faces with you was...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to react to and imitate the facial expressions of others! Although your baby does not yet understand what the words “happy” and “sad” mean, baby can mimic your smiling or frowning face.

Activity with Baby

Since babies love to imitate faces, sit or stand in front of a mirror with your baby and make faces that show you are happy (a smile), sad (a frown) and excited (with raise eyebrows and an open mouth). Encourage baby to make faces along with you and applaud whenever baby succeeds in copying your expressions.



PLACE A PICTURE OF
YOU AND BABY HERE.

3-6
MONTHS

What I Say

• OBSERVATIONS •

BABY: **My favorite thing to talk about was...**

CAREGIVER: **What I liked about talking with you was...**

CAREGIVER: **What I learned about you from doing this activity was...**

Developmental Milestone

Your baby may begin listening to your conversations and want to join in! Babies at this stage enjoy having “conversations”; a simple back and forth exchange of sounds, facial expressions and gestures.

Activity with Baby

While going about your normal daily routines, focus on explaining to baby what you are doing during a certain activity. If you are washing clothes, explain that you are taking clothes out of the hamper, placing them in the washer, running the water, adding some soap, pushing buttons, closing the lid, listening to the machine spin, etc. Encourage baby to respond with sounds and gestures by keeping some eye contact, asking baby questions, pausing between explanations as to include baby in the conversation and showing excitement when baby responds. You may be amazed at how fascinated your baby is by your stories about washing the dishes and taking out the trash!

PLACE A PICTURE OF
YOU AND BABY HERE.



• OBSERVATIONS •

BABY: One thing that really got me giggling was...

CAREGIVER: When I first heard you laugh I felt/thought...

CAREGIVER: When I did

you would laugh hysterically!

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to laugh out loud! At this stage your baby is likely to initiate social interactions that will prompt a response from you.

Activity with Baby

Your baby's laughter can be so enjoyable that you will do most anything to see and hear it over and over again. For this activity, you are encouraged to find different ways to get your baby giggling. You can start by making funny faces, then move to silly sounds and gestures. The key here is to have fun with baby and experiment with different social interactions that create joy for your little one. Remember to clap and cheer as baby giggles; this will encourage baby to do it again.



PLACE A PICTURE OF YOU AND BABY HERE.

6-9
MONTHS

How I Grow

• OBSERVATIONS •

BABY: The first thing I crawled to get was...

BABY: My reaction to crawling was...

CAREGIVER: When I first saw you crawl I felt/ thought...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to crawl! This is a very exciting stage where baby will learn to maneuver through the world by rolling over, scooting and crawling. Baby can now recognize an object he/she likes or a place baby wants to be (e.g., in mommy and daddy's lap).

Activity with Baby

Encourage your baby to crawl by placing baby on his/her tummy on the floor with several objects just out of reach. When a toy catches baby's attention, press your palms gently on their feet to encourage baby to stretch out his/her legs and move forward. Remember to clap and cheer each time baby makes a movement, not matter how small.



PLACE A PICTURE OF
YOU AND BABY HERE.

6-9
MONTHS

What I Know

• OBSERVATIONS •

BABY: My reactions to the pictures were...

BABY: I showed my excitement by...

CAREGIVER: What I enjoyed about doing this activity with you was...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to recognize pictures that show different numbers of items! Although your child will not learn to count for some time, at this age baby is able to notice the difference between single and multiple objects. This is a part of learning just how the world works.

Activity with Baby

Find two pieces of plain paper. On one paper draw 1 apple and on the next paper draw 2 apples. Place them in front of baby and explain to them what they are seeing, describe the colors you used and how many apples are on each paper. Allow them to look at the pictures as long as they want to. Try this with flowers or simple shapes in different colors. Ask siblings or other family members to help you draw and display the pictures.

PLACE A PICTURE OF
YOU AND BABY HERE.



6-9
MONTHS

What I Say

• OBSERVATIONS •

BABY: My first reactions to the bell were...

BABY: I showed my enjoyment by...

CAREGIVER: What I enjoyed most about this activity was ...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to associate gestures with simple words and phrases, like “hi” and “bye-bye”! Around this age, your baby may begin to vocalize more and enjoy using gestures and simple words to communicate.

Activity with Baby

Start by giving your baby a bell. Move just out of baby’s sight and wait for baby to ring the bell. When baby does, let baby see you and wave as you excitedly say “hi”. Encourage baby to ring the bell again, and when baby does, slip just out of their sight while waving excitedly and saying “bye-bye”. Encourage baby to say “hi” and “bye-bye” at the appropriate times as well. Repeat this as many times as you like and as long as your baby is comfortable. For variety, try letting baby ring the bell and then you open a door while excitedly waving and saying “hi”, as if you are greeting someone. When they ring the bell again, close the door while excitedly waving and saying “bye-bye”.
NOTE: It is helpful during this activity to have other children or adults play along with you. Babies during this age may be experiencing separation anxiety and may not enjoy being left alone even for a few moments.

PLACE A PICTURE OF
YOU AND BABY HERE.



• OBSERVATIONS •

BABY: My favorite song to sing was...

BABY: My reactions to your gestures and funny faces were...

CAREGIVER: My favorite song to sing to you was...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin responding actively to language and gestures. During this stage, your baby is likely showing a wide range of emotions and stronger preferences for familiar people.

Activity with Baby

Gather together with your baby, other siblings and family members. Announce to your baby that you all are going to sing a song. Choose your favorite baby songs or make up ones of your own. The key here is to pick a song that you can act out with your baby. Applaud and cheer at the end of each song. Your baby will likely want an encore!



PLACE A PICTURE OF
YOU AND BABY HERE.

9-12
MONTHS

How I Grow

• OBSERVATIONS •

BABY: What I liked most about playing ball was...

BABY: I showed enjoyment during this activity by...

CAREGIVER: When I first saw you catch/roll/throw a ball I felt/thought...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may be able to roll or throw a ball! Your baby's hand-eye coordination and other motor skills have greatly improved from their first few months of life.

Activity with Baby

Sit on the floor in front of your baby with a small soft tennis ball. Begin by rolling the ball in baby's direction and applaud when baby catches it. Then encourage baby to roll it back to you. Repeat this until baby seems to understand the game. Later, try gently bouncing the ball in baby's direction, applauding when baby catches it and encouraging baby to bounce it back to you.



PLACE A PICTURE OF
YOU AND BABY HERE.

9-12
MONTHS

What I Know

• OBSERVATIONS •

BABY: When you found me I...

BABY: When I found you I...

CAREGIVER: During this activity I liked to see/hear you...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to understand that objects (including people) exist even when they cannot be seen! This skill is called object permanence and this stage is a great time to perfect a game of “Peek-a-Boo”.

Activity with Baby

Sit on the floor with your baby and a lightweight baby blanket. First, place the blanket over your head and say “Where’s mommy; can you find mommy?” After a few seconds, lift the blanket and shout “Here’s mommy!” “You found mommy!” Now try the same with your baby; gently placing the blanket over baby’s head and say “Where’s (baby’s name)?” “There’s (baby’s name) mommy found (baby’s name)!” Other family members are encouraged to join in the game as well. Your baby’s favorite toy can also be substituted as an object to find under the blanket.



PLACE A PICTURE OF
YOU AND BABY HERE.

9-12
MONTHS

What I Say

• OBSERVATIONS •

BABY: One of my favorite objects to look at was...

BABY: My reaction to this activity was...

CAREGIVER: I was most excited when you recognized...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your child may begin to understand the names of familiar people and objects! Around this time your baby may be getting ready to talk so his/her language production will increase tremendously. Babies are now more aware of the relationship between words and people, places and things.

Activity with Baby

All you need for this activity are things (or people) your baby sees all the time. Sit with your baby in front of you and ask "Where's mama?" Then "Where's dada?" Encourage baby to find and look at the person you've named. Use any person's name you like as long as they are familiar to your baby and in your presence during this activity. Now choose a few objects baby sees constantly; a diaper, a teddy bear, a bottle. Place the objects in front of baby and encourage baby to point to the diaper, teddy bear, bottle, etc. when you say the words. NOTE: If you are alone, you may also choose to show your baby pictures of familiar people or things for them to point out.

PLACE A PICTURE OF
YOU AND BABY HERE.



9-12
MONTHS

I'm O.K.

• OBSERVATIONS •

BABY: The snack I liked most was...

BABY: The snack I liked the least was...

CAREGIVER: What I enjoyed about watching you eat was...

CAREGIVER: What I learned about you from doing this activity was...

Developmental Milestone

Your baby may begin to feed themselves finger foods! An important part of babies' development during this stage their ability to meet some of their own needs. For example, your baby may learn to satisfy his/her hunger and by grasping small pieces of food (provided by you) and placing them in their mouth.

Activity with Baby

Choose a time during the day when your baby is getting hungry. Gather together some healthy snacks: small bits of fruit, cooked vegetables. Sit on the floor or at a table with your baby and put out a few of the snacks you've prepared. Allow your baby to see you eat a few pieces of food and encourage them to do the same. Once they grasp a particular piece of food, explain to them what they are seeing, tasting and feeling: "This is a red apple. It is sweet and crunchy. You like apples!" NOTE: Check with your baby's doctor foods baby should avoid before turning 12 months old, and follow your pediatrician's advice about introducing new foods to your baby.



PLACE A PICTURE OF
YOU AND BABY HERE.