

# BABY'S FIRST YEAR



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See How We Grow

*We have so much to learn together. Let's get started! I may look small in my clothes (size \_\_\_\_\_), but I am growing fast. I sleep a lot but wake up every \_\_\_\_\_ hours to eat. I explore the world with my eyes, ears and body. Sorry, but crying is the only way to tell you I'm tired, wet, hungry or just want to be held. I like to see your face when you talk to me. But please keep bright light out of my eyes.*

## To Help Me Learn To Trust

- Come quickly when I cry
- Hold me close and speak in a friendly voice
- Smile at me when you are near

## To Help Me Feel Comfortable

- Feed me when I'm hungry
- Put me on my back to sleep for naps and at night
- Pat, rub and pick me up a lot
- Give me a pacifier to suck between feedings

## To Help Me Learn To Communicate

- Sing and talk to me
- Repeat any sounds I make
- Read to me

## To Help Me Learn How My Body Moves

- Keep my arms and legs free to move
- Support my head when you hold me
- Hold me over your shoulder when you walk

## I Learn Best With Games and Toys

- Mobiles and toys with music
- Pictures and things with bright colors and bold patterns
- Touch my fingers and toes when you sing to me
- Baby-safe mirrors attached to my crib



## Note To Parents And Caregivers:

*Your baby might be doing the activities described in this booklet a little earlier or later than the ages given. Ask your doctor if you have any questions.*



## I Can . . .

- Turn my head from side to side
- Hold onto small objects in a tight fist
- Hear sounds and see objects that are 12 inches away
- Be fussy and cry a lot when I need something
- Sleep for about 2 and 3 hours at a time
- Calm down when I hear a voice I know



### To Help Me Learn To trust

- Come quickly when I cry
- Help me suck my fist to calm myself
- Tell me what's happening – I don't like surprises

### To Help Me Feel Comfortable

- Let me rest if I frown or look away when we play
- Start a new activity when I get upset or bored
- Smile at me and tell me you love me
- Find me a quiet place to sleep
- Put me on my back to sleep for naps and at night

### To Help Me Learn To Communicate

- Repeat the sounds I make
- Face me toward sounds and people
- Talk to me and listen when I "talk" to you

### To Help Me Learn How My Body Moves

- Give me my feet to play with
- Move my legs back and forth
- Clap my hands and arms together

### I Learn Best With Games and Toys

- Different materials rubbed on my skin
- Soft blocks and stuffed animals with no loose parts
- Music boxes and squeaky toys
- My body parts named aloud at bathtime
- Finger games like "This Little Piggy" and "Pat-a-Cake"



*Yes, that's a smile you saw when I was just \_\_\_\_\_ weeks old – not gas! I love it when you hold me close and use a soft voice to calm me. Now I sleep about \_\_\_\_\_ hours at a time. When I get excited I wave my arms and legs. Even if I can't keep my head up yet, I am trying. I am still not ready for baby food but I am growing.*



### I Can . . .

- Lift my head when I lie on my tummy
- Roll part way from my back to my side
- Reach for objects near me
- Follow slow-moving objects with my eyes
- Make lots of sounds and respond to voices I know
- Stay awake a little longer



*Hear* me giggle and coo. And see me smile, too. I can sit with your help. I like things that shake, rattle and make noise. My favorite toy is my \_\_\_\_\_.

I love the color \_\_\_\_\_.

My teeth are coming in, have you noticed the drool? I may put things in my mouth and cry more now.

I turn toward new sounds and may recognize my name.

### To Help Me Learn To Trust

- Let me see other people and hear new things
- Let me know you are near when I look for you
- Help me find and pick up a dropped toy

### To Help Me Feel Comfortable

- Put me on my back to sleep for naps and at night
- Give me cold cloths, teething rings or baby biscuits
- Hold and rock me a lot
- Keep small objects away from me

### To Help Me Learn To Communicate

- Sing nursery rhymes
- Let me look in a mirror
- Make silly sounds like buzzing and humming

### To Help Me Learn How My Body Moves

- Support my back when I sit on your lap
- Put me on my tummy to exercise and play when I am awake
- Hold things in front of me so I can reach for them

### I Learn Best With Games and Toys

- Large pictures or books
- "See-saw" (pull me from lying down to sitting up)
- Safe, washable plastic objects I can hold
- Splash and kick in my bath
- Call me from behind so I can look for you



### I Can . . .

- Bring my hands together and look at them
- Roll from my back or stomach to my side
- Reach for toys, even lift my chest off the floor
- Make many baby sounds, even laugh
- Show when I'm happy, sad or scared
- Eat and sleep on a schedule



### To Help Me Learn To Trust

- Use a louder voice *only* when I may be in danger
- Move me or the object when I reach for something I should not have
- Come back after you have left me for a short time

### To Help Me Feel Comfortable

- Put me on my back to sleep even if I can roll over
- Talk about the things we do: bathe, eat, sleep and play
- “Baby-proof” our home so it is safe for me
- Give me lots of hugs and kisses

### To Help Me Learn to Communicate

- Distract me or play a new game when I arch my back, turn or push away
- Read to me, ask me to repeat words and sounds

- Tell me the names of things, ask me what they are
- Use real words with me, not “baby-talk”

### To Help Me Learn How My Body Moves

- Wave “bye-bye” and show me how to wave
- Let me feed myself small pieces of cracker or cereal
- Give me plenty of room to crawl

### I Learn Best With Games and Toys

- Point to and name people I know in pictures
- Let me hold small toys in both my hands; ask me to give them to you
- Roll a ball back and forth to me
- Clap in time to simple songs and rhymes
- Cover part of my toy and let me find it



*Look* out world! I'm on the move. I can roll on my side over and over. I have this many teeth \_\_\_\_ now. I still put things in my mouth to learn how they feel. I turn to you when you call my name. It's fun to look at things upside down. I can sit up on my own and hold a bottle or sippy cup, too. My favorite song is \_\_\_\_\_. Thanks for singing it to me over and over again.



### I Can . . .

- Rock on my hands and knees
- Bang and shake things
- Stand with support from you or by holding onto furniture
- Sit alone and move around on my tummy
- Look for anything that has dropped
- Get upset when you leave me



*I am "talking" to you all the time now ... even if you don't understand me. My first "words" were \_\_\_\_\_ and \_\_\_\_\_. I can take small steps, but I still like to crawl. I go up the stairs, but I can't come down alone. I try to do what you tell me. I really like it when you clap and smile with me. I love to dance and play with \_\_\_\_\_. What a fun first year!*

### To Help Me Learn To Trust

- Do not force me to go to strangers
- Keep a routine so I will know what is happening
- Do not give me "time outs" or punishment when I do wrong because I do not understand

### To Help Me Feel Comfortable

- Put me on my back to sleep even if I can roll over
- Let me have my favorite toy
- Set limits and stick to them
- Give me a kiss whenever I ask for one

### To Help Me Learn To Communicate

- Answer me when I call you
- Use words to name things I point to ("want juice?")
- Ignore my temper tantrums

### To Help Me Learn How My Body Moves

- Let me mark on paper with large crayons
- Give me soft foods so I can eat with my fingers
- Play music so I can "dance"
- Let me bend to pick up toys

### I Learn Best With Games and Toys

- Toy telephones
- Songs naming my body parts
- Toys that let me do what you do (broom, plastic dishes, play food and dolls)
- Turn pages of cardboard picture books



### I Can . . .

- Sit by landing on my bottom after standing
- Walk sideways while holding onto furniture ("cruising")
- Pick what I want when you show me two things I know
- Understand "no"
- Hold you tight and act shy around new people
- Kick and scream when I am upset



# Our 1st Year

*I know you will always remember the day I was born. During my first year, there are so many more things you will remember. You do so much for me. You take me to my regular checkups. You make sure I get every shot I need when I am 2, 4, 6 and 12 months old. Remember between 12 and 19 months old, I need a chicken pox shot too!*

*Please don't smoke around me. Try to protect me from the tobacco smoke of others, it can make me sick.*

*Put me on my "back to sleep and stomach to play." It will help keep me safe from Sudden Infant Death Syndrome (SIDS) and help my muscles grow strong.*

*During my first year, I will grow and learn so much. I might weigh three times more than when I was born. I will be much taller too. So you won't forget how fast I change, please write down some fun things about me in this book.*

*My name is special because \_\_\_\_\_  
\_\_\_\_\_.*

*"See" how I grow at my doctor visits:*

When I was born, I weighed \_\_\_\_\_ pounds  
\_\_\_\_\_ ounces and was \_\_\_\_\_ inches long.

At 2 months, I weighed \_\_\_\_\_ pounds \_\_\_\_\_ ounces.

At 4 months, I weighed \_\_\_\_\_ pounds \_\_\_\_\_ ounces.

At 6 months, I weighed \_\_\_\_\_ pounds \_\_\_\_\_ ounces.

And at 12 months, I weighed \_\_\_\_\_ pounds  
and grew to be \_\_\_\_\_ inches long.

*Thanks for taking such good care of me.*

*I love you.  
Baby*



## Note To Parents And Caregivers:

*Your baby might be doing the activities described in this booklet a little earlier or later than the ages given. Ask your doctor if you have any questions.*



# Important Numbers



## IMPORTANT NUMBERS FOR PARENTS

### CARE-LINE

Available 8 AM - 5 PM Monday through Friday.

1-800-662-7030 (English/ Spanish)

[www.NCHealthyStart.org](http://www.NCHealthyStart.org)

A leading resource for promoting healthy pregnancies and infant health.

### Emergency

911

*Carolinas Poison Center*

1-800-222-1222

*Prevent Child Abuse NC*

1-800-354-5437

[www.ncpen.org](http://www.ncpen.org)

N.C. Parenting Education Network encourages positive parenting practices.

Doctor's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Phone: \_\_\_\_\_ Alternative Phone \_\_\_\_\_

