

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. 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's important to remember that babies develop in their own way, 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 developing typically, 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. You can also visit the American Academy of Pediatrics website (www.aap.org) for more information.

Try not to be concerned about completing this book page by page. If your child is already 9 months old, you should begin completing the book at the 6- to 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, complete the page and make note of the actual age at which your child reached the milestone.

The goal is quite simple: Complete the book within the first year of your baby's life, or close to his/her first birthday. That way, memories are fresh and have less time to fade as your baby continues to develop.

A few tips before beginning 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.

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 ...

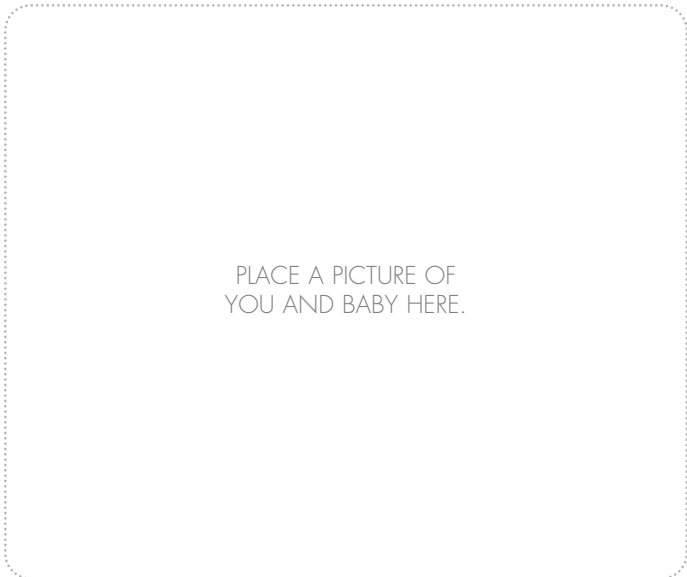


Developmental Milestone

Your baby may begin to lift his/her head and chest while lying on their stomach! These first months are an ideal time to add “tummy time” to baby’s daily routine. Tummy time helps babies strengthen their necks, backs, and stomach muscles, which later prepares them for crawling.

Activity with Baby

Lie on the floor with your baby and place baby on his/her stomach for one to two 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 too and can 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.

• 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 ...

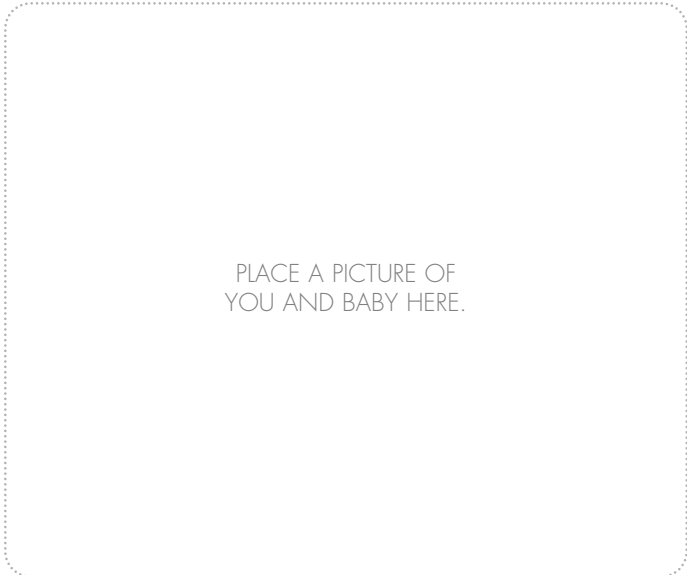


Developmental Milestone

Your baby may begin to imitate sounds! Although your baby is not able to say words at this age, he/she is 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 responds.



PLACE A PICTURE OF YOU AND BABY HERE.

OBSERVATIONS

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

Handwriting lines for recording observations.

BABY: I smiled when you ...

Handwriting lines for recording observations.

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

Handwriting lines for recording observations.

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

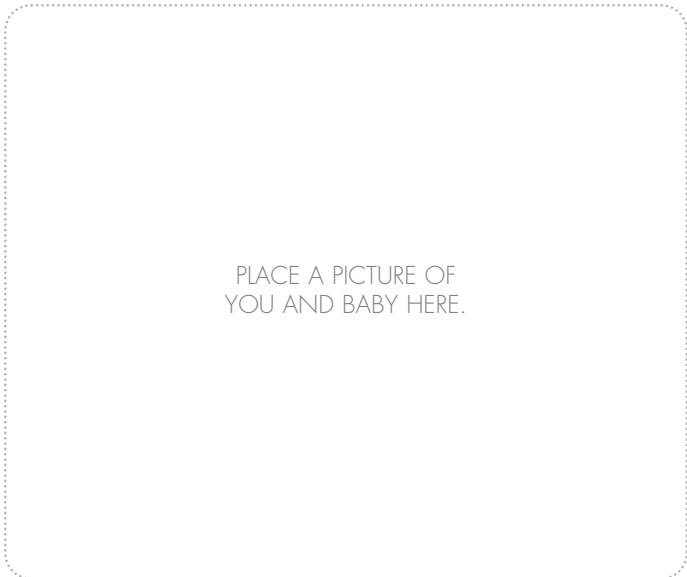
Handwriting lines for recording observations.

Developmental Milestone

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

Activity with Baby

Try this out for a bit of fun social interaction. With this activity you will engage three 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. Gently touch, caress, or wiggle baby's head, shoulders, knees, toes, eyes, ears, mouth, and nose. Change the pace (speed up or slow down) 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.

OBSERVATIONS

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

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

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

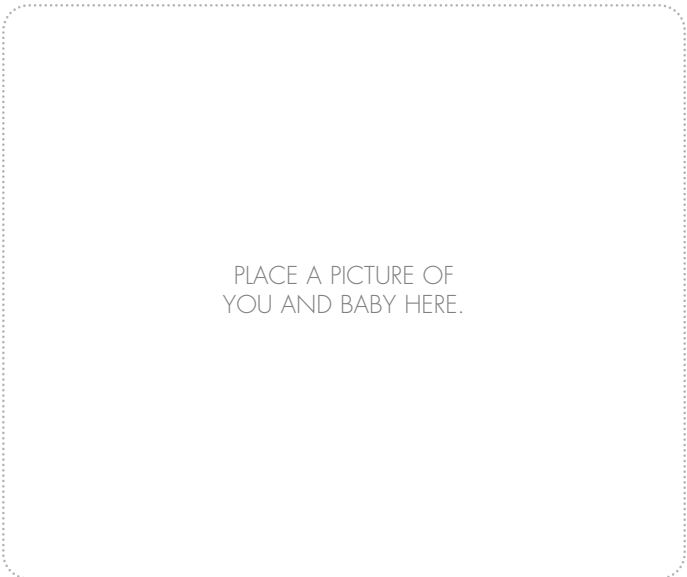
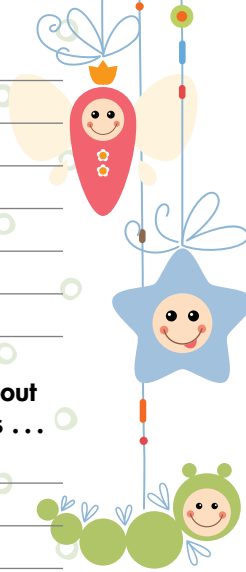
CAREGIVER: What I learned about you from doing this activity was ...

Developmental Milestone

Your baby may begin to reach, grasp, and put objects in his/her mouth! During this time, babies learn about the world around them by grabbing objects and placing them in their mouths. This exposes them to different textures, tastes, and smells and builds their hand-eye coordination, which later helps 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 places 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 raised eyebrows and an open mouth). Encourage baby to make faces with you, and applaud whenever baby copies your expressions.



PLACE A PICTURE OF YOU AND BABY HERE.

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 ...

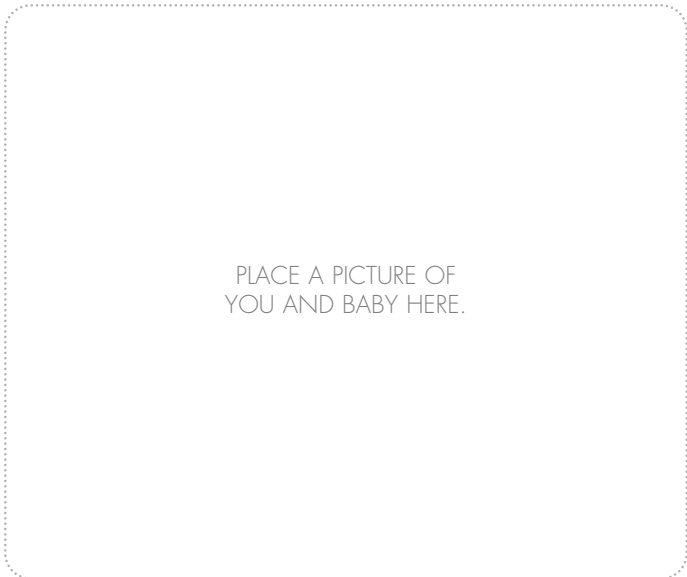


Developmental Milestone

Your baby may start listening to your conversations and wanting 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. 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 to include baby in the conversation, and showing excitement when baby responds. You may be surprised at how fascinated your baby is by your stories about washing dishes and taking out the trash!



PLACE A PICTURE OF YOU AND BABY HERE.

OBSERVATIONS

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

Handwriting lines for recording baby's giggling observations.

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

Handwriting lines for recording caregiver's feelings/thoughts.

CAREGIVER: When I did you would laugh hysterically!

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

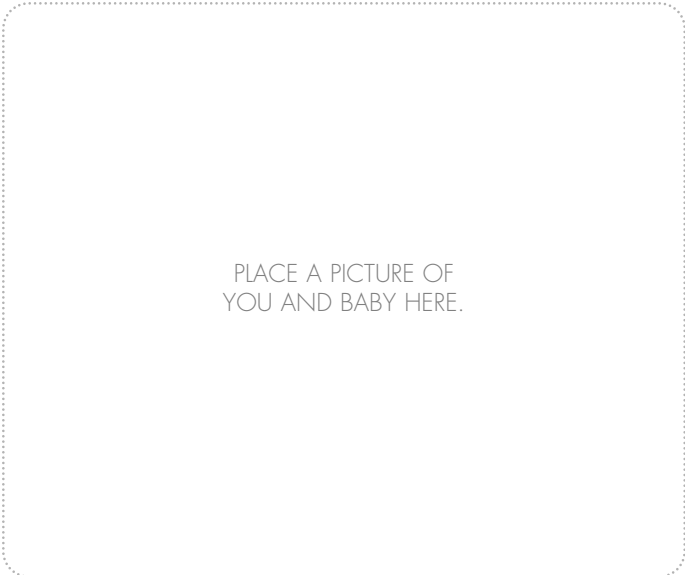
Handwriting lines for recording caregiver's learnings.

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 almost 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 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.

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

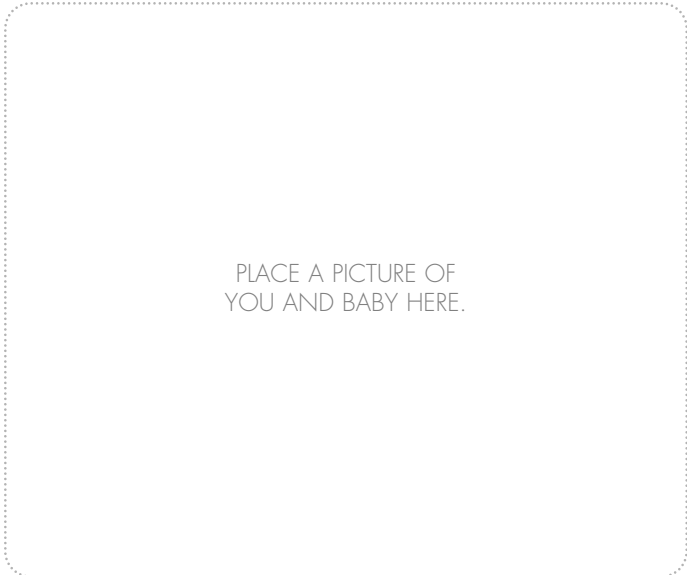
Your baby may begin to crawl! This is a very exciting stage during which baby will learn to maneuver through the world by rolling over, scooting, and crawling. Baby can now recognize an object he/she likes or a place baby wants to be (e.g., in Mommy or Daddy's lap).

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, no matter how small.



PLACE A PICTURE OF YOU AND BABY HERE.



OBSERVATIONS

BABY: My reactions to the pictures were ...

Handwriting practice lines with green circles on the left margin.

BABY: I showed my excitement by ...

Handwriting practice lines with green circles on the left margin.

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

Handwriting practice lines with green circles on the left margin.

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

Handwriting practice lines with green circles on the left margin.

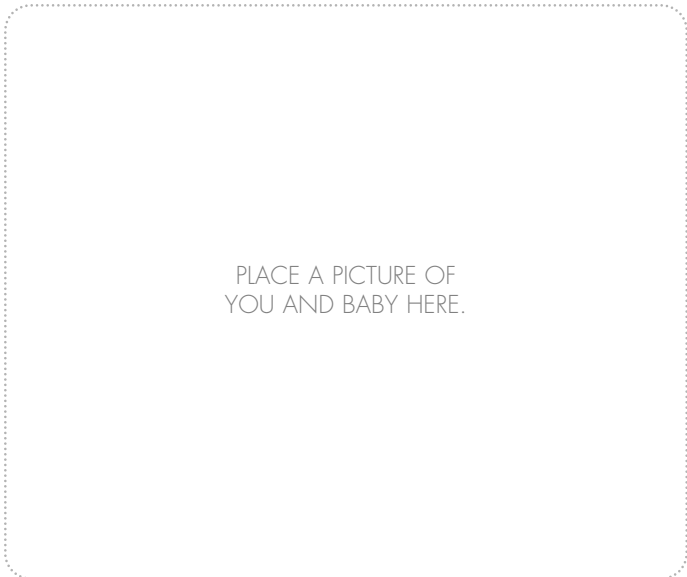


Developmental Milestone

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 how the world works.

Activity with Baby

Find two pieces of plain paper. On one paper draw one apple, and on the next paper draw two apples. Place them in front of baby and explain to him/her what he/she is seeing. Describe the colors you used and how many apples are on each paper. Allow baby to look at the pictures as long as he/she wants 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.

OBSERVATIONS

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

Handwriting practice lines for the first observation section.

BABY: I showed my enjoyment by ...

Handwriting practice lines for the second observation section.

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

Handwriting practice lines for the third observation section.

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

Handwriting practice lines for the fourth observation section.

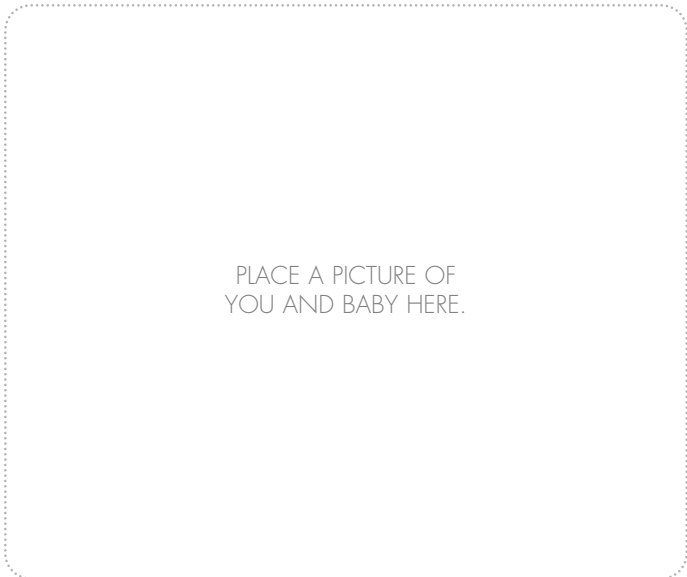


Developmental Milestone

Your baby may begin to associate gestures with simple words and phrases, such as “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 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 open a door while excitedly waving and saying “Hi,” as if you are greeting someone. When baby rings 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 at 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 ...

Handwriting practice lines for the first observation section.

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

Handwriting practice lines for the second observation section.

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

Handwriting practice lines for the third observation section.

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

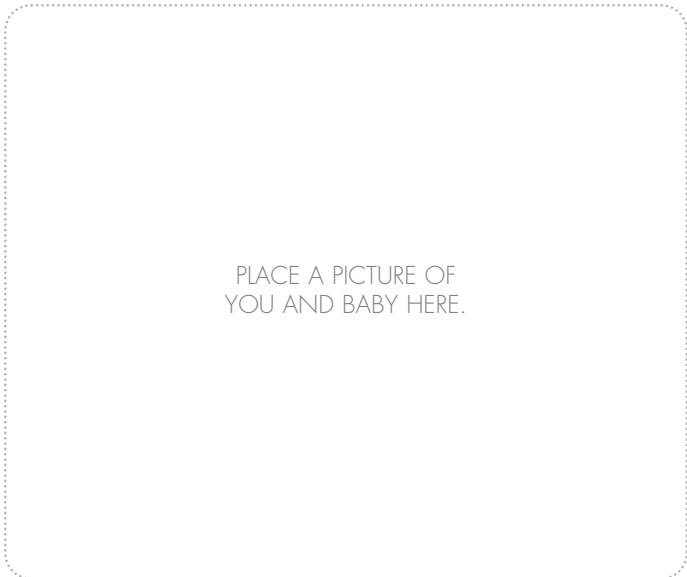
Handwriting practice lines for the fourth observation section.

Developmental Milestone

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

Activity with Baby

Gather together with your baby, his/her siblings, and other family members. Announce to your baby that you all are going to sing a song. Choose your favorite baby songs or make up new ones. 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 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.

• 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 ...**

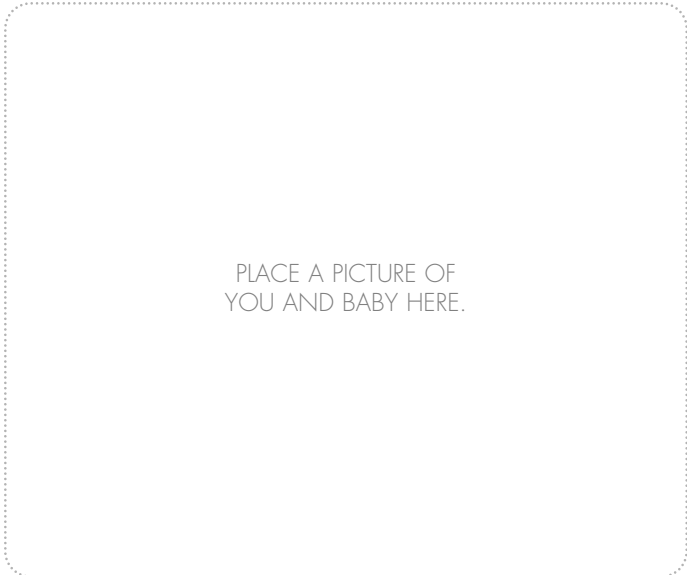


Developmental Milestone

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 play “Peekaboo.”

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 saying, “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 too. 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.

• OBSERVATIONS •

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

Handwriting practice lines for the first observation section.

BABY: My reaction to this activity was ...

Handwriting practice lines for the second observation section.

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

Handwriting practice lines for the third observation section.

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

Handwriting practice lines for the fourth observation section.

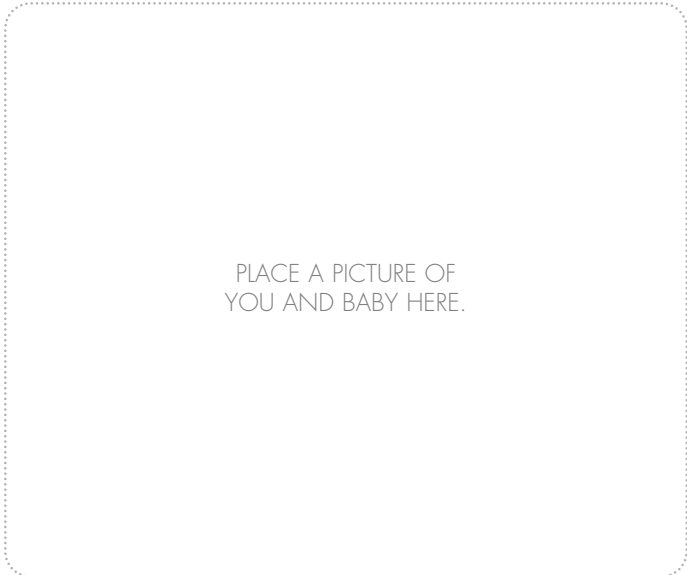


Developmental Milestone

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 ask, "Where's Dada?" Encourage baby to find and look at the person you've named. Use the names of any people you like, as long as they are familiar to your baby and present 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 choose to show your baby pictures of familiar people or things for them to point out.



PLACE A PICTURE OF YOU AND BABY HERE.

OBSERVATIONS

BABY: The snack I liked most was ...

Handwriting practice lines with green circles for the first section.

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

Handwriting practice lines with green circles for the second section.

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

Handwriting practice lines with green circles for the third section.

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

Handwriting practice lines with green circles for the fourth section.

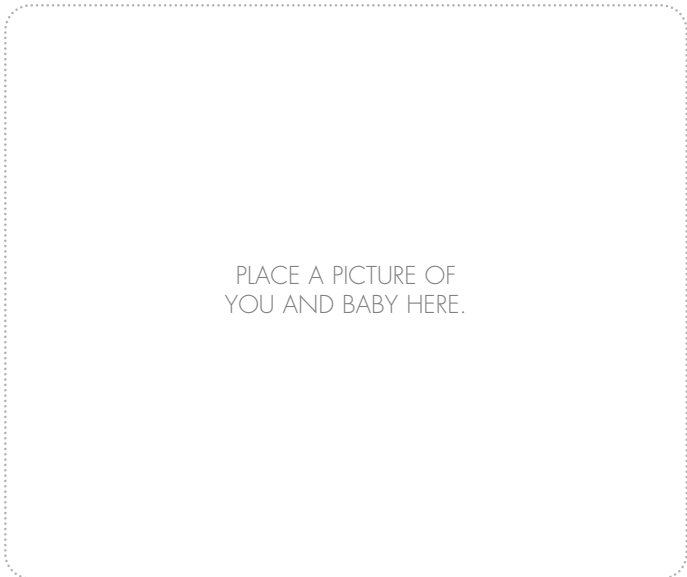


Developmental Milestone

Your baby may begin to eat finger foods! An important part of babies' development during this stage is their ability to meet some of their own needs. For example, your baby may learn to satisfy his/her hunger by grasping small pieces of food (provided by you) and placing them in his/her 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 him/her to do the same. Once he/she grasps a particular piece of food, explain what he/she is seeing, tasting, and feeling: "This is a red apple. It is sweet and crunchy. You like apples!" NOTE: Check with your baby's doctor about foods baby should avoid before turning 12 months old, and follow the doctor's advice about introducing new foods to your baby.



PLACE A PICTURE OF YOU AND BABY HERE.