

BABY'S FIRST YEAR



Baby
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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 every 2 hours if breastfeeding
- Feed me every 3-4 hours if formula feeding
- Put me on my back to sleep for naps and at night
- Gently pat, rub and pick me up a lot

To Help Me Learn To Communicate

- Sing and talk to me
- Repeat any sounds I make
- Read to me
- Make sure I passed my newborn hearing screen

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 By Playing With You

- Use mobiles and toys with music
- Look at pictures and things with bright colors and bold patterns
- Touch my fingers and toes when you sing to me
- Attach baby-safe mirrors to my crib



A Special Note

Breastfeeding is best for me if mom is able to breastfeed. Having babies close together can be hard on me and mom. It's best to wait until I'm 18 months old before mom gets pregnant again.



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 2-3 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

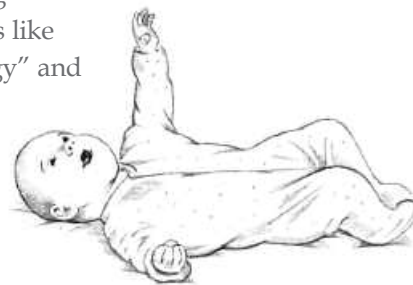
- Repeat the sounds I make
- Face me toward sounds and people
- Talk to me and listen when I "talk" to you

To Help Me Learn How My Body Moves

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

I Learn Best By Playing With You

- Rub different materials on my skin
- Use soft blocks and stuffed animals with no loose parts
- Listen to music boxes and squeaky toys
- Name my body parts aloud at bathtime and during changing
- Do 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 _____.

I may be teething. 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 teething rings or baby biscuits
- Hold and gently 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 By Playing With You

- Look at large pictures or books with me
- Play "see-saw" (pull me from lying down to sitting up)
- Help me hold safe, washable plastic objects
- Splash and kick in my bath with me
- 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

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 safely

I Learn Best By Playing With You

- Point to and name people I know in pictures
- Let me hold safe, 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. Watch me when I 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 with you. I want to sit up on my own and hold a bottle or sippy cup. My favorite song is _____ . Thanks for singing it with me so much.



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 I cannot see you



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 can go up the stairs, but need you to watch me. 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 yet

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

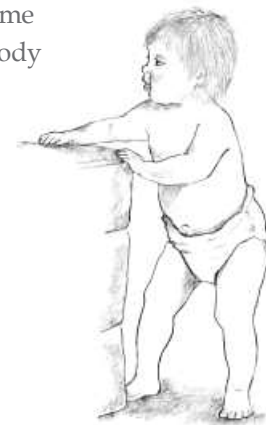
- Answer me when I call you
- Use words to name things I point to ("want juice?")
- Ignore my temper tantrums

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 By Playing With You

- Talk on toy phones with me
- Sing songs naming my body parts
- Use toys that let me do what you do (broom, toy tools plastic dishes, play food)
- Read to me and let me 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 so many great things will happen. You can do so much to help keep me healthy. Take me to my regular checkups my first year (usually at 2, 4, 6 and 12 months). I will need shots at all these visits. I'll need more checkups at 18 and 24 months ... and every year after that.

Please don't smoke around me. Keep me away 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 bigger and learn so much. So you won't forget our first year, write down some fun things about me and what we do together in this book.

"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.

At 12 months, I weighed ____ pounds and grew to be ____ inches long.

I now have ____ teeth.

Thanks for taking such good care of me.

I love you.

Your 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

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

www.PreventChildAbuseNC.org

NC Parenting Education Network

www.NCPEN.org

Doctor's Name _____

Address _____

Phone Number _____

Emergency Contact Name _____

Phone: _____ Alternative Phone _____

