Enjoying your baby’s development in the first 12 months of life.

**Developmental stages you can enjoy**

**Social & Emotional**
- Make your baby feel safe and secure by holding, cuddling and kissing your baby often.
- Use simple instructions and some commands such as ‘don’t touch’.
- Help your baby with the tunes of rhymes.
- Assist your baby with learning and pronouncing words.
- When your baby pronounces a word, respond by putting the word in a sentence.
- Call your baby often by own name so baby becomes familiar with it.
- Play games where your baby points to body parts that you name and vice versa.
- Look through simple, colourful picture books and name objects.
- Play hide-and-seek.
- Baby babbles with a tune and tries to communicate with action and gestures.
- Baby enjoys repeating animal sounds.
- Separation anxiety begins.
- Starts to discover the power self has over parents.

**Language & Understanding**
- Help your baby with the tunes of rhymes.
- Assist your baby with learning and pronouncing words.
- When your baby pronounces a word, respond by putting the word in a sentence.
- Call your baby often by own name so baby becomes familiar with it.
- Play games where your baby points to body parts that you name and vice versa.
- Look through simple, colourful picture books and name objects.
- Play hide-and-seek.
- Baby babbles with a tune and tries to communicate with action and gestures.
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**Body Movements**
- Baby gives and takes objects to and from people nearby.
- Baby picks up small items with a good grip, using index finger and thumb.
- Baby holds objects with both hands.
- Baby can put blocks into a container.
- Baby throws toys out of toy box.
- Baby is able to walk by holding onto furniture.
- Many babies begin to walk alone.
- Baby can drop from walking to sitting position with a poorly controlled bump.

**Hand Movements**
- Assist your baby with walking by holding baby’s hand or by allowing baby to walk using stable toys with wheels.
- Assist your baby with building towers with blocks. Initially, the amusement will be with knocking them down.
- Assist your baby with placing shapes into the appropriate openings and completing simple puzzles.
- Play with your baby by handing objects/toys back and forth.
- Help your baby build towers with blocks. Initially, the amusement will be with knocking them down.
- Assist your baby with building towers with blocks. Initially, the amusement will be with knocking them down.
- Assist your baby with walking by holding baby’s hand or by allowing baby to walk using stable toys with wheels.

Talk to your Child and Family Health Nurse or Doctor, if you have any concerns about your baby’s development.