

kids
health

the childr^en's hospital at Westmead
Child Health Promotion Unit

Bringing out the best in ...
YOUR BABY



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

Your baby is comforted by your touch

BIRTH TO 1 WEEK...



Development

Social & Emotional

Language & Understanding

Hand Movements

Body Movements

Activities to encourage your baby's development

- Hold and cuddle your baby often, especially when baby seems troubled.
- Cradle your baby when feeding (whether breast or bottle). Maintain eye contact with baby during the feeds as this helps with bonding.
- Spend time with your baby during the short periods of time that baby is awake. This helps in getting to know your baby.
- Softly massage your baby after bath and before night's sleep.

- Smile and talk to your baby, keeping your face close to your baby's.
- When talking to your baby, make eye contact and keep your face close to your baby's.
- Sing to your baby. This helps language development.

- Stroke your baby's hands allowing baby to clasp your fingers.

- Encourage head control by holding your baby upright facing you with one hand supporting baby's head and back. Smile and talk to your baby.

Developmental stages you can enjoy

- When a face moves slowly across line of vision, baby may briefly focus and follow.
- When asleep, baby is generally not aware of any surrounding noise.

- Baby prefers human faces to all other patterns or colours.
- Baby is startled by any loud sound.

- Baby's hands are usually closed, but not in a tight fist.
- Baby's hands close around objects placed in the hand, as a reflex.

- Baby lies on tummy with knees drawn up underneath.
- When held providing support under the arms, baby may make stepping movements (these will disappear by two months of age).



Your baby delights
at the sight of your face

2 TO 6 WEEKS...



Development

Social & Emotional

Language & Understanding

Hand Movements

Body Movements

Activities to
encourage your
baby's development

- Smile at your baby when you are speaking. Soon your baby will start to smile back at you.
- Use facial expressions and a happy tone while talking to your baby.
- Hold, cuddle and kiss your baby often.
- Softly massage your baby after bath before night's sleep.

- Sing to your baby.
- Hang up a mobile for your baby to watch and enjoy.
- Smile and talk to your baby, introducing baby to the different tones of speech.

- Offer your fingers for baby to clasp.

- Encourage head control by holding your baby upright facing you with one hand supporting baby's head and back. Smile and talk to your baby.

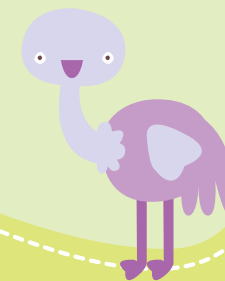
Developmental
stages you can enjoy

- When parent's and baby's eyes meet, the reward is a big smile.
- Baby responds to a comforting voice with facial movements and by changing the breathing rhythm.
- Baby sleeps most of the time.

- Baby uses crying to communicate hunger, feeling cold or hot, needing a nappy change etc.
- Baby makes gurgling sounds such as 'ooh' and 'aah.'

- Baby's hands continue to close around objects placed in the hand, as a reflex.

- When held in a forward bent position, baby's head raises slightly to be on the same level as the rest of the body. Baby still has no head control when pulled forward to sit.
- Baby lies in a more relaxed, less flexed posture.



Talk to your baby... baby loves to hear the sound of your voice

7 WEEKS TO 3 MONTHS



Development

Social & Emotional

Language & Understanding

Hand Movements

Body Movements

Activities to encourage your baby's development

- Spend time talking to your baby about the happenings of the 'here and now' (here is your food... yummy milk).
- Sing action rhymes such as 'twinkle twinkle'. This will not only teach your baby language skills, but will also encourage social interactions.
- In order for your baby to explore the surroundings, carry baby around the home facing away from you.

- Familiarise your baby with common sounds such as animal noises, music, bells and noise-makers. Hearing is linked to the development of speech.
- Blow raspberries and have your baby touch your lips to feel the vibration.
- Engage your baby in 'baby talk.' By mimicking sounds made by your baby, you will be teaching your baby to take turns talking (talk-listen-respond).

- Offer light or soft rattles of different shapes to your baby to explore.
- Hang up toys for your baby to reach towards and swipe.

- Offer your baby tummy time with toys to look at, reach for and hold.
- Give your baby more opportunities to hold own head up by gradually reducing support as baby's head control increases.

Developmental stages you can enjoy

- Baby enjoys looking at your face and listening to you speak.
- Baby is excitable, for example, gurgles when sees food coming.
- Baby expresses emotions. One of many is the enjoyment felt in spending happy times with those around.
- Baby's eyes are bright and alert, ready to learn.

- Baby may cry for long periods of time. For tips on settling baby, visit the crying baby section of the Hospital website.
- Baby becomes quiet when an unexpected sound is heard.
- Baby makes bubbly sounds and raspberry sounds.
- Baby begins to imitate sounds and the up/down tunes in speech.
- Baby begins to take turns talking.

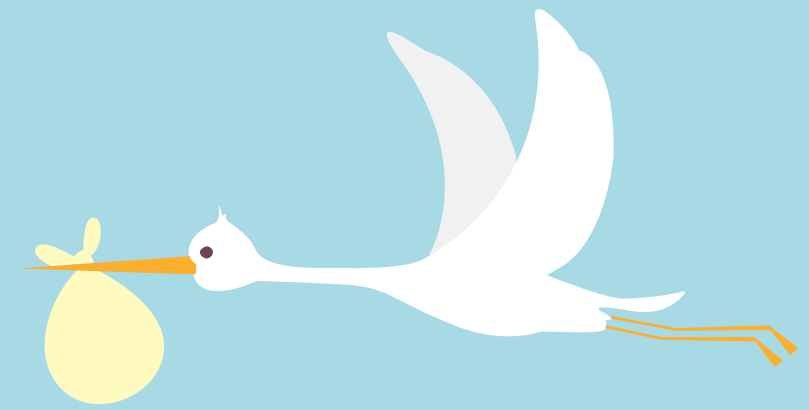
- Baby is not yet able to pick up a toy but can wave a rattle aimlessly when placed in hand.
- Baby enjoys swiping at objects.
- Reflexive movement of baby's hand closing around objects disappears.
- Baby's hands remain open most of the time.
- Baby is fascinated to watch and play with own fingers.
- Baby likes to clasp and unclasp fingers as if clapping.

- Baby lies on tummy propped up on forearms with head up and looking around.
- When baby is held upright baby's head has better control.
- When baby is pulled up to sit, the head does not fall back.



You are your baby's first playmate

4 TO 6 MONTHS



Development

Social & Emotional

Language & Understanding

Hand Movements

Body Movements

Activities to encourage your baby's development

- Introduce your baby to other family members and friends.
- Use facial expressions and a pleasant voice when talking to your baby.
- Hold, cuddle and kiss your baby often.

- Have your baby listen to wind chimes, birds and other sounds.
- Foster your baby's babbling by reading to baby.
- Talk to your baby about what you and your baby are doing.
- Point out common objects to your baby and name the items.
- Count the items you are showing your baby.

- Offer safe objects of various shapes and sizes for your baby to hold and move.
- Provide your baby with toys and household items that may be banged together to make noise.
- Offer your baby a number of textures to feel and learn, including teething rings, fruits and vegetables, making sure they are large enough to avoid being a choking hazard.

- Give your baby time on the floor to practice rolling over.
- Deliberately place toys at a distance so your baby can reach and grab for them.
- Provide opportunities for your baby to sit up by carrying your baby in an upright position and holding your baby in a sitting position with support.

Developmental stages you can enjoy

- Baby recognises the parents and is still quite comfortable in the company of new faces.
- Baby shows affection towards familiar persons.
- Baby notices/watches your mouth intently.

- Baby turns decisively towards the location of noise.
- Baby makes babbling sounds such as 'ga ga'.
- Baby recognises the basic sounds of baby's native language.
- Baby looks at objects when named.
- Baby is very interested in surroundings.
- Baby loves laughing, squealing and chuckling.

- Baby can move toys from one hand to the other.
- Baby puts everything in the mouth.
- Baby can bring together two toys.
- Baby enjoys the touch of different materials, both rough and smooth.

- Baby can easily roll from front to back, but back to front is more difficult.
- Baby can reach for a toy.
- Baby has good, strong head control.
- Baby is close to being able to sit alone.
- Baby can briefly take the body weight when held up on feet



Tuning into your baby will help baby understand the environment

7 TO 9 MONTHS



Development

Social & Emotional

Language & Understanding

Hand Movements

Body Movements

Activities to encourage your baby's development

- Introduce your baby to new adults, children, and other babies in order to become better acquainted with family and friends.
- Use towels, sheets, paper, and mirrors to play peek-a-boo with your baby.

- Allow your baby to explore the home environment after checking the safety of the area. (Kids Health fact sheet – Home Safety Checklist at www.chw.edu.au/parents/kidshealth)
- Organise outings/picnics to places such as the park, zoo etc as a way of familiarising your baby with the outdoor environment.
- When your baby points to or shows interest in an item, name the item so baby can learn, repeating new words in simple sentences.
- Teach your baby to imitate sounds and actions such as clapping hands and blowing kisses.

- Provide your baby with safe, small items such as plastic spoons and cups to pick up and hold.
- Involve your baby in action rhymes. Help with accompanying hand movements.
- Teach your baby to wave good bye.

- Provide your baby with chewable toys and cloth books to hold and play with while sitting.
- Use wiggly/attractive toys to encourage your baby to crawl towards them.
- Place interesting toys just out of reach on stable furniture to help with pulling self up to stand.
- Avoid using a baby walker as there is an increased risk of injury associated with its use.

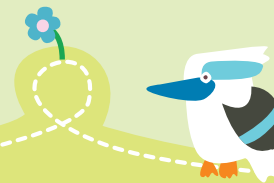
Developmental stages you can enjoy

- Baby likes to be close to the family and is afraid of unfamiliar people.
- Baby is interested in other babies but the interactions are limited to a glance or grab. They play side by side more than with each other.
- Baby plays peek-a-boo.
- Baby starts to throw body back in protest.

- Baby is keenly interested in the environment and the happenings of the surroundings.
- Baby pokes/points at objects with index fingers.
- Baby uses baby talk, with no real words, in the tone of human speech.
- Baby understands the word 'no' and obeys it sometimes.

- Baby starts to hold small objects between thumb and index finger.
- Baby begins to hold bottle by self.
- Baby can grasp and self feed finger foods and can chew lumpy food.
- Baby begins to be able to release things from hand.
- Baby is better skilled at hand movements.
- Baby can move hand at the wrist.

- Baby needs some help in getting to a sitting position. Once securely seated, baby leans forward to pick up toys and play with them.
- Some babies are now crawling, backwards, at first.
- Baby pulls self up to stand while holding onto furniture.
- Baby makes walking movements when held standing.



You are your baby's first teacher

10 TO 12 MONTHS



Development

Social & Emotional

Language & Understanding

Hand Movements

Body Movements

Activities to encourage your baby's development

- 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

- 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 placing shapes into the appropriate openings and completing simple puzzles.

- Assist your baby with walking by holding baby's hand or by allowing baby to walk using stable toys with wheels.

- Separation anxiety begins.
- Starts to discover the power self has over parents.

- Baby babbles with a tune and tries to communicate with action and gestures.
- Baby enjoys repeating animal sounds.
- Baby usually says first two words but knows many more. Baby learns the meaning of these words through others' response to them.
- Baby turns when own name is called.
- Baby begins to point to things baby wants.
- Baby begins to show an interest in pictures.
- If a toy is hidden under a cup, baby knows where to look to find it.

- 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.



Developmental stages you can enjoy



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