

DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

The first year of your baby's life is a time of amazing firsts. Every time you turn around, your baby has mastered another new skill. Here's what to expect each month in terms of physical, cognitive, and social development from your incredible growing baby.

Your Newborn

Physical and motor development

- Your newborn's movements are generally uncontrolled and not deliberate. Most of his movements happen automatically without any conscious intention on his part. It will take time for him to learn how to control his movements.
- While your baby can move his head from side to side when he's lying on his stomach, and he can raise his head an inch or two off the ground when he's lying on his back, his neck and shoulder muscles will need to develop further before he can support his head on his own.
- Your newborn is quite near-sighted. Even when he looks at objects that are within his ideal focal length (roughly 20 to 25 centimetres (8 to 10 inches), which is the distance of your face when you are nursing him), those objects look quite fuzzy to him. Your baby's eyes should not be crossed, however. If they are, you should have his eyes checked by a doctor as soon as possible. You should never wait for a baby to "just grow out of" an eye problem. Always have your baby or child checked if you have any concern about your child's eyes or his vision.
- When your baby looks at something, he focuses on particular details rather than looking



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Your Newborn (continued)

at the whole object. For example, when he looks at your face, he only takes in your eyes or your mouth, not your face as a whole.

- Your baby's eyes are only able to track objects within a 90-degree range of vision, and his eye movements are short and jerky. He has not yet figured out that he can move his head to follow objects beyond this range.
- Your baby's hearing is not yet as acute as the hearing of an adult. He can't hear very soft sounds like whispers. He's more attracted to high-pitched sounds than low-pitched sounds, something that helps to explain why parents around the world lapse into "parentese" (exaggerated speech patterns) when they start communicating with a baby
- Your baby is born with a reflex that encourages him to turn his head in the direction of a sound. It will be another month, however, before he is able to identify the source of a particular sound.
- Your newborn instinctively grasps any object that is placed in his palm. He can't intentionally hold onto objects quite yet.
- Your baby experiences brief periods of quiet alertness but spends most of his time sleeping (although he'll wake up frequently to eat). As the length and frequency of these periods of alertness increase, he will become increasingly tuned the world

Cognitive and language development



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your Newborn (continued)

Social and emotional development

around him..

- Your baby is fascinated by human faces and human voices right from birth. He quickly learns how to pick up his mother's scent, to recognize the sound of her voice, and to recognize her face. In fact, he started getting used to his mother's scent and voice long before birth.

Your 1-Month-Old

Physical and motor development

- Your baby's neck and shoulder muscles are much stronger than they were a month ago, which has resulted in significantly improved head control. While his head still lags when you pull him from a lying to a sitting position and you still need to support his head while you're walking around with him, he may be able to support his head for short periods of time when you're sitting or standing still. He can also lift his chin off the ground when he's lying on his stomach - a manoeuvre he couldn't have mastered a few short weeks ago.
- Your baby still spends a lot of time looking blankly around the room, but he's spending a greater proportion of his time taking in his surroundings. While he isn't able to take in much when you're walking around (just think of how hard it is for you to enjoy the scenery when you're taking a bus ride down a bumpy road!), he's able to process



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Your 1-Month-Old (*continued*)

visual information quite readily when you're sitting or standing still.

- Your baby is increasingly fascinated by human faces and high-contrast patterns like black-and-white checkerboards, bull's-eyes, and polka dots, while he'll barely give his growing collection of pastel-coloured stuffed animals the time of day. The reason is simple: the higher the contrast, the easier it is for him to see the object in question.
- Your baby is very interested in listening to human voices—your voice in particular. He's also starting to develop an ear for music: he will often stop mid-squall to listen intently if you start playing music or singing to him.
- Now that his larynx is more flexible and mobile, your baby is starting to experiment with making some language-like sounds. Originally, these sounds will resemble throat-clearing sounds. Then, at around age 6 weeks, he'll start making sounds like "ah" "eh" and "uh." He'll initially make these sounds by accident, but once he figures out how to make them, he'll amuse himself—and others around him—by cooing and gurgling over and over.
- Your baby's hand is generally held in a closed position. If you open his fingers he is able to grasp an object for a couple of seconds before dropping it.



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 1-Month-Old *(continued)*

Cognitive and Language development

- Your baby's brain is working overtime these days, something that can easily result in overstimulation. Even though your baby may be tired of looking at a particular object, he does not know how to look away. It's hard to imagine your baby getting burned out from spending too much time staring at his baby mobile, but, believe it or not, it can happen! In fact, if you find that your baby tends to get crabby by late afternoon (a classic pattern for young babies), it could be overstimulation that's to blame. He may not know how to tell you what he needs, but odds are what he's craving is a brief time-out rather than more stimulation.
- Your baby has already learned how to tell the difference between nipples that deliver food and nipples that don't—a skill he'll be only too happy to demonstrate if you make the mistake of offering him a pacifier when he's looking for a breast.

Social and emotional development

- Your baby is more socially responsive than he was as a newborn. He may become excited and breathe more rapidly when you pick him up.
- At around 2 weeks of age, your baby may become fussier or more irritable than he has been during the early days of life—the result of sensory overload. (He is increasingly tuned into the world around him, but he does not yet possess the coping skills to handle all that stimulation.) The result may be periods



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Your 1-Month-Old *(continued)*

of what is known as PURPLE crying. PURPLE stands for Peak of crying, Unexpected, Resists soothing, Pain-like face (even though the baby is not in pain), Long-lasting (crying that lasts for as long as five hours per day), and Evening (crying that is most likely to occur during late afternoon and evening). The best ways to cope with PURPLE crying are by lining up support and by understanding that what you are going through is normal, very common, and relatively short-lived (although it may feel like it is going to last forever). PURPLE crying starts at age 2 weeks, peaks at age 6 weeks, and ends by age 3 to 4 months.

Your 2-Month-Old

Physical and motor development

- Your baby's head control continues to improve. He can now lift his head and shoulders several inches above the mattress and support himself with his arms when he's lying on his stomach. And he can support his own head briefly when he's braced against your shoulder.
- When your baby lies on his back, he raises his hands above his head in a U. The symmetrical positioning of his arms is a very significant milestone: it indicates that it is only a matter of time until he learns how to use two hands at once to accomplish a particular task.
- Your baby is starting to seem more like a baby



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Your 2-Month-Old (continued)

and less like a newborn. The stepping reflex (Baby "walks" when supported in an upright position on a solid surface) has started to fade. And your baby's grasp reflex isn't as strong as it once was. His fingers open if an object is placed in his palm and he then tries to bring that object to his mouth.

- Your baby's eyes are starting to work together and his overall vision has improved, giving him a much more alert look. He is now capable of tracking objects that are moving vertically as well as objects that are moving horizontally, and he is particularly drawn to objects that are in motion. He is now able to recognize familiar people and toys.
- Your baby's hearing has improved since he was a newborn. He is now able to hear sounds of a variety of different pitches, intensities, and intonations.

Cognitive and language development

- Your baby is exhibiting clear signals that he's able to process information. For example, he may stop crying when he is placed in the breastfeeding position because he knows he's going to be fed.
- Your baby has developed an entire repertoire of sounds and cries to express various emotions.
- Your baby is starting to understand how conversations work: that people take turns talking and listening. He makes sounds and smiles to indicate that he's ready to "talk" to you and then eagerly awaits your response. He's so fascinated by



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Your 2-Month-Old *(continued)*

conversations, in fact, that you can sometimes convince him to stop crying simply by talking to him—a great ace card to have up your sleeve if he begins wailing when you're zooming down the highway at 100 kilometres an hour.

Social and emotional development

- Your baby looks at you and studies your face. He imitates your facial expressions. He smiles when you smile.
- Your baby calms down when you try to comfort him. He enjoys being cuddled and touched.

Your 3-Month-Old

Physical and motor development

- Your baby's neck and shoulder muscles are even stronger than they were a month ago, but your baby is still not able to support his own head for long periods of time.
- When your baby reaches for an object, he takes a two-handed approach. He hasn't learned how to use one hand at a time.
- Your baby's arm movements are more deliberate and coordinated.
- Your baby's leg muscles are getting quite a workout in preparation for rolling over, crawling, and walking, he makes a point of kicking his legs vigorously whenever he's on his tummy or back.
- Your baby will open his hands when an object is offered to him, but he will then proceed to



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Your 3-Month-Old (continued)

Cognitive and language development

drop the object almost immediately.

- Your baby uses his palm or fingers when he's holding an object, but he has not figured out that his thumb could be useful as well.
- Your baby will be able to see objects more clearly than he could in the past. He can now tell the difference between smiling and frowning faces and will rarely smile at someone who is frowning.
- Your baby turns his head when he hears a sound from a nearby object (e.g., the ringing of the telephone).

- Your baby's spatial perception skills improve. He is now beginning to understand that he can't reach that toy across the room unless someone is willing to play courier.
- Your baby is always up for a game of "vocal tennis" (you imitate your baby and your baby imitates you). He loves making vowel sounds (ohs and ahs) and is most likely to be found practicing his vocalizations when he's feeling happy or amused. While baby may be babbling to you, you can talk to him with real words. He may not be able to speak yet, but he's soaking up language like a sponge. When he becomes capable of forming words (which comes later than understanding words), he'll be able to draw upon the vocabulary he has been learning all along.



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 3-Month-Old *(continued)*

Social and emotional development

- If it hasn't already happened, this is likely to be the month when your baby masters the long-awaited first social smile. His self-soothing skills are also improving. You'll find he's a much happier baby because he's better able to soothe himself when he becomes distressed.

Your 4-month-old

Physical and motor development

- Your baby's back muscles are much stronger than they were his arms and legs are capable of much more deliberate movements-skills that allow him to master the art of rolling from his stomach onto his back. Unfortunately, once he gets over on his back, he's stranded. He doesn't have sufficient strength to roll from his back to his stomach just yet- the cause of endless frustration to him. (Expect to be called to "rescue" him countless times each day until he masters the other half of the rolling-over equation.)
- While your baby now enjoys being held in a sitting position, he can't support himself in this position yet because he lacks the necessary strength in his lower back.
- Your baby is now able to visually detect subtle differences in the texture of objects and has developed a marked preference for objects that are red or blue.
- Your baby is starting to discover all the amazing things his hands can do for him.



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Your 4-Month-Old *(continued)*

If you watch closely, you'll catch him looking at his hands while he guides them toward a toy. (Eventually, he'll just look at the toy, but right now he is still trying to figure out how to make his hands and eyes work together.) His thumb still doesn't move independently of his fingers or his hand, however, so his efforts to reach for toys are still rather clumsy.

- He enjoys batting at objects that are within his reach.
- He grasps and shakes toys that are easy for him to hold, such as rattles, but he'll only hold them briefly.
- He will play with a toy if it is placed in his hands, but he won't be able to pick it up if he drops it.
- He can now make a conscious choice whether or not to hold on to a toy. (When he was a newborn, he held on to any object that was placed in his hands.)
- Your baby's hearing continues to improve. He is able to hear much softer sounds than he was capable of hearing in the past.
- Your baby has developed the ability to anticipate and remember important events (the cues that indicate he's about to be fed).
- He is starting to become aware of the patterns and routines that provide structure to his day.
- He uses different cries to express different needs. He's getting better at letting you know what he needs and you're getting better at decoding the various cries in his repertoire—which makes for a

Cognitive and language development



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 4-Month-Old (*continued*)

Social and emotional development

happier baby and a happier parent!

- He uses facial expressions, gestures, and sounds to communicate with others and to respond to others' communications.
- He throws his arms up in the air when you approach him—a sure sign that he wants you to pick him up.
- He is now chatting up a storm. He's certain types of consonant sounds (m, k, g, p, and b) and he sometimes manages to pair up these consonants with a vowel sound (e.g., “gaa”).
- This is the month when you can expect your baby's first laugh—one of the most magical sounds in the world. You'll no doubt find yourself doing all kinds of crazy things to make him laugh again and again.
- Your baby is beginning to tune in more to the world of people, with particular attention being the people he knows best.
- Your baby has learned to tell the difference between familiar people and unfamiliar people and may protest when a stranger tries to pick him up- or comes too close.
- Your baby is beginning to express emotional reactions spontaneously, like smiling and frowning and fussing.
- Your baby may start exhibiting the odd sign of jealousy. A group of researchers at the University



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Your 4-Month-Old *(continued)*

of Portsmouth in England observed the reactions of 24 babies as young as four months when their mothers started showing love to another baby. They discovered that all but one baby became jealous.

Your 5-Month-Old

Physical and motor development

- Your baby is having a great time exploring his body from head to toe—literally! Now that he's thoroughly taste-tested his fingers, he's moved on to his toes. Fortunately, his body is still flexible enough to allow him to guide his toes into his mouth—a feat you're unlikely to be able to match!
- Your baby's neck, shoulder, and chest muscles are very strong, his back is almost fully straight, and his abdominal muscles are firm to the touch. Now that he has improved muscle tone through torso, he is better able to support his upper body. He can also roll in both directions—from his stomach onto his back and from his back onto his stomach—and momentarily sit unassisted before toppling over. He's even started experimenting with crawling motions, but it will be a while before he actually takes off.
- When your baby reaches for toys, he cups his hand to try to adjust the shape of his hand to the shape of the toy. Because his finger movements are still relatively uncoordinated, he finds it difficult to pick up small objects. He's much more adept at picking up slightly larger objects. Once he manages to get



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Your 5-Month-Old *(continued)*

a toy in his hand, he explores it with his fingers and his mouth and passes it from hand to hand. Your baby enjoys mouthing toys because his lips and tongue have very sensitive nerve endings that allow him to explore objects in great detail. Your baby isn't capable of holding onto more than one toy at a time, however, if you place a toy in each hand, he'll invariably drop one.

- Your baby's depth perception is improving by leaps and bounds: he can now tell the difference between a real face and a picture of a face. His understanding of language is also improving: he's beginning to react to the speaker's tone and he's starting to become familiar with the unique patterns of his native language.

Cognitive and language development

- Your baby now understands that it's possible to follow an object if it moves out of his line of vision. If he drops an object, he moves his head so that he can watch it fall.
- Your baby is trying his best to see the world through your eyes—literally. If you look at an object, he'll follow your gaze to try to figure out what you're looking at, which allows him to learn more about the world around him and to start to make a link between the objects he sees you looking at and the words you use to describe them.

Social and emotional development

- Although your baby can now differentiate



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Your 5-Month-Old *(continued)*

between familiar and unfamiliar people, he doesn't usually cry when a stranger arrives on the scene at least, not yet!-but he may become quiet and sombre when someone he doesn't know approaches him. Over time, his wariness of strangers will evolve into full-blown anxiety, but for now he's willing to quietly tolerate them.

- Your baby is starting to signal his likes and dislikes. He's also quite willing to let you know how frustrated he feels if he wants to do something but can't-a common state of affairs at this stage of his development.

Your 6-Month-Old

Physical and motor development

- Your baby is on the move. He can roll over easily and may also inch his way across the room on his belly (a common precursor to crawling). He can also support himself in a sitting position and may even be able to propel himself backwards by pushing on his hands. You can encourage your baby to be active by placing toys just out of his reach and encouraging him to roll, crawl, or creep toward them.
- Your baby's legs are strong enough to support him in a standing position for a minute or two, provided you're holding him under his arms.
- He can pick up an object that has been dropped (provided it's within his reach).



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Your 6-Month-Old *(continued)*

Cognitive and language development

- He uses a raking grasp (as opposed to a thumb and index finger pincer grip) to pick up objects.
- Your baby has become accustomed to his regular routine and will react to changes to it (e.g., if you bath him in the morning rather than at night one day).
- He enjoys games like peek-a-boo and can find an object when it is partially hidden under a blanket
- He spends a lot of time studying toys and other objects, trying to figure out what to do with them.
- He is mastering the concept of object permanence (the idea that objects still exist even when we can't see them).
- Your baby has already learned how to distinguish between male and female voices and will react with surprise if a male voice seems to be coming from a female's mouth.
- Your baby's babbling is sounding more and more like speech. The practice he's getting in making sounds now will prove invaluable when he starts saying his first real words in a couple of months' time.
- Your baby is becoming quite the conversationalist. He is fascinated by the sound of his own voice. He responds to his own name. And he recognizes certain words.
- He makes sounds while you are talking, an attempt to carry on his side of the conversation. The sounds he makes sound like single syllable



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 6-Month-Old *(continued)*

Social and emotional development

word (ma, ba, da). He also imitates your cough and other sounds you make.

- Your baby smiles and babbles when he has your attention.
- Your baby enjoys looking at himself in the mirror.
- Your baby is starting to imitate your actions: you bang a toy and he bangs a toy; you cough, he coughs.
- He's also starting to imitate your emotions- putting on a sad face if he happens to catch you frowning, or breaking into a grin if you greet him with a big smile.
- He tries to soothe himself if he is upset.

Your 7-Month-Old

Physical and motor development

- Your baby is now able to sit on his own for prolonged periods of time, although he sometimes leans forward on his hands for support and stability. He can't get himself into a sitting position yet, you'll have to help him.
- Your baby can stand and bounce up and down with great enthusiasm-provided, of course, that you're holding on to him. It's the ultimate workout for his legs and your back.
- Your baby may have mastered the art of crawling by now. Approximately 50 per cent of babies are crawling by age 7 months. (Don't be alarmed if he hasn't, however; some babies go straight from sitting to walking, skipping the crawling



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 7-Month-Old *(continued)*

	<p>stage entirely, or they invent other ways to get around, like sliding around on their bellies or bums.)</p> <ul style="list-style-type: none"> • Your baby is starting to reach for objects with a single hand rather than two hands, and he's now an old pro at transferring objects from one hand to the other.
<p>Cognitive and language development</p>	<ul style="list-style-type: none"> • If your baby doesn't think he's getting enough attention, he'll make a fake coughing noise or some other sound to get your attention. • Your baby is capable of remembering someone's face for as long as a week—good news if he only sees his grandparents on Sundays. • Your baby seems to have grasped the cause-and-effect relationship between dropping a toy and hearing the satisfying bang that it makes.
<p>Social and emotional development</p>	<ul style="list-style-type: none"> • Your baby thoroughly enjoys social games like peek-a-boo and pat-a-cake.

Your 8-Month-Old

Physical and motor development

- Your baby can now sit without support and get himself into a sitting position without any help.
- Your baby is now capable of picking up objects using his thumb and index finger only, without having to press the object into the palm of his hand in order to get a good grip.
- Your baby's eyesight is finally as good as that of an adult. Now that he can see objects that are farther away, you'll find him staring off into the



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 8-Month-Old *(continued)*

	<p>distance more often, taking in the scenery across the room.</p>
Cognitive and language development	<ul style="list-style-type: none"> Your baby is beginning to understand the link between words and gestures (e.g., saying goodbye and waving goodbye).
Social and emotional development	<ul style="list-style-type: none"> Your baby is becoming a master at reading people's faces to determine how they are feeling. Your baby is now showing a marked preference for people he knows well and increased discomfort with strangers. You can help your baby to cope with his stranger anxiety by giving him time to get used to the stranger and indicating your own comfort with that person before you allow the other person to get too close.

Your 9-Month-Old

Physical and motor development	<ul style="list-style-type: none"> Your baby is now able to poke at objects with his index finger, something that makes it easier for him to explore objects in his hands. He has also figured out how to let go of objects voluntarily when he's finished playing with them, thereby eliminating a major cause of frustration.
Cognitive and language development	<ul style="list-style-type: none"> Your baby now understands that the baby in the mirror is, in fact, himself—a giant step forward in cognitive processing. Your baby is starting to learn how to solve problems on his own (e.g., he'll keep



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 9-Month-Old *(continued)*

experimenting until he finds a way to get a block inside a bucket rather than give up in frustration right away). And, even more important, he's able to draw upon past solutions to problems rather than reinventing the wheel every time.

- Your baby will work away at a problem he is trying to solve-like how to pull himself up to a standing position on his own-until he figures it out. Then he'll practise that skill over and over until he has it mastered. The repetition helps to strengthen the brain connections that are associated with that particular task.
- Your baby now understands that objects still exist even if you can't see them-another major cognitive breakthrough.
- Your baby may start experiencing some sleep disruptions—the result, according to some scientists, of the onset of dreaming.
- Your baby responds to sounds such as a telephone ringing or a knock on the door.
- Your baby understands short instructions.
- Your baby uses sounds and gestures to communicate; and may be communicating via sign language if he has been taught how to sign.
- Your baby recognizes his own name and simple words.
- Your baby is beginning to understand that



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 9-Month-Old *(continued)*

communication can be used to solve problems. You can help him to make this connection. Example: Before you hand him a toy, ask him if he wants it and then wait for him to respond with a sound or a gesture.

Social and emotional development

- Your baby is showing increased affection for the people who mean the most to him. He's not quite as liberal about sharing his smiles with strangers: he prefers to save them all for you.
- Your baby may become anxious or upset when a stranger approaches (stranger anxiety).
- Your baby is learning what to expect from others, based on his experiences with them.
- Your baby is developing a sense of self, based on his interactions with other people.
- Your baby is becoming a very social creature. He's likely to protest if left alone.
- Your baby enjoys interactive games such as peek-a-boo.

Your 10-Month-Old

Physical and motor development

- Your baby can pull himself up to a standing position but have difficulty getting back down. He may be capable of taking a few tentative steps while holding your hand.
- He can pass a toy from one hand to the other. He can also hold a toy in each hand and bang two toys together.



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 10-Month-Old *(continued)*

Cognitive and language development

- Your baby now he recognizes his own name.
- Your baby is becoming increasingly adept at repeating a sequence of actions: picking up a one hand, passing it to the other hand, and depositing it in the bucket beside him.
- Your baby is now the ultimate copycat- a master at imitating the gestures of other people.
- If your baby is struggling with a particular task, make a suggestion, but don't take over. Show him a peg might fit better in a different role then let him place the peg in the hole. He'll be so proud when he does it himself.

Social and emotional development

- Your baby is crystal clear about whom he likes and doesn't like- and you're at the top of the list of people he adores.
- Separation anxiety tends to occur at this age. Your baby has figured out that you still exist when you leave the room. This leads to protests—to prevent you from leaving. Playing hide-and-seek games like peek-a-boo can help baby to understand that a person can disappear and come back. If he wakes up in the middle of the night in a panic because he needs to know that you're still there, provide him with the reassurance he needs. (You eventually want to get to the point where verbal reassurance will be enough—as opposed to having to be picked up every time. You'll have to experiment to see what type of reassurance



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 10-Month-Old *(continued)*

your baby requires in order to get back to sleep, while encouraging him to develop self-soothing skills.)

- Your baby is starting to look to you for information and guidance a process that psychologists refer to as "social referencing." If he's not sure about a particular situation, he'll look to you for a reassuring smile or nod of the head.

Your 11-Month-Old

Physical and motor development

- Your baby can stand unsupported for a couple of seconds at a time—a feat that will no doubt have you bursting into thunderous applause. (Hey, it's moments like this that we parents live for!)
- Your baby can get himself from a standing position to a sitting position, so you'll no longer have to rush to his side to "rescue" him each time he decides he's tired of standing up.

Cognitive and language development

- Your baby is beginning to understand the meanings of an increasing number of words, but he still relies heavily on other "clues" that help him understand what you're saying: gestures, body language, speech intonation, and so on. One study showed that babies this age understand fewer than 25 per cent of the simple nouns and verbs that their parents use while they are playing with them.
- Your baby is beginning to recognize the names of his various body parts.



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 11-Month-Old *(continued)*

Social and emotional development

- Your baby will likely utter his first words this month—another exciting milestone for you and your baby, and the beginning of an exciting dialogue that will last a lifetime.
- Chances are your baby's favourite games these days involve some sort of motion, such as flying like an airplane or being bounced on your knee.
- Your baby is becoming increasingly friendly with people he knows and trusts.
- Your baby is increasingly capable of finding ways to manage his emotions (turning to you for comfort when he is afraid).

Your 12-Month-Old

Physical and motor development

- Your baby is either walking or is about to take his exciting first step. His wide-legged gait makes it very clear why one-year-olds are known as toddlers. (From a design perspective, that wide-legged stride actually makes a lot of sense: it lowers his centre of gravity and helps to improve his stability.) You'll also notice that these first efforts at walking require a tremendous amount of concentration; during the weeks ahead, your toddler will constantly be checking where his feet are in relation to objects around him.
- Your baby is capable of stacking blocks and working with very simple frame-style puzzles (e.g. the



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Your 12-Month-Old (*continued*)

Cognitive and language development

kind where a piece with a handle fits into a wooden or plastic frame of the same shape). He's also becoming a pro at placing objects inside one another (e.g., toys like nesting cubes that stack starting to show a preference for inside one another).

- Your baby may be starting to show a preference one hand as opposed to the other.
- Your baby may start to climb stairs or onto furniture.
- Your baby enjoys putting objects in and out of containers (dump and fill play).
- Your baby is able to use some very basic method of sorting toys (e.g., grouping them by shape).
- Your baby uses common household objects correctly (drinking from a cup, brushing his with a toothbrush).
- Your baby is fascinated by cause and effect design his own experiments (throwing food on the floor) to see if the laws of gravity apply day after day.
- Your baby has developed an attachment to a favorite toy or other object (blanket, pillow, book etc.)
- Your baby may understand as few as three words or as many as 100 words, but it's unlikely that h able to say more than a dozen words at this stage, of the game and his pronunciation may still be quite garbled.
- Your baby points to the correct picture in a book when an object is named ("Where is the bear?").
- Your baby repeats sounds and gestures in order to attract your attention.



DEVELOPMENTAL HIGHLIGHTS OF YOUR BABY'S FIRST YEAR

Your 12-Month-Old (*continued*)

Social and emotional development

- Your baby understands simple requests ("Go get your boots.").
 - Your baby understands how to use gestures (e.g., pointing to objects, waving goodbye).
 - Your baby tries to imitate words that he hears other people using and may even be trying to combine words into rudimentary phrases.
 - Your baby uses expressions like "oh oh!" and "No!" (That "no" can mean anything from "no" to "I need a break" to "I am baby, hear me roar!")
 - Your baby is interested in simple picture books.
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- Your baby is becoming increasingly independent-insisting on feeding and attempting to dress of dress himself. His catch phrase will soon become an indignant "Me do it!" Ready or not, your has become a toddler.

