What You Can Expect During Your Baby’s First Year

Your baby grows and changes so much during the first year.

• Your baby will learn to have some control over his or her body. Your baby should:
  o Hold up his or her head
  o Crawl
  o Roll over
  o Sit up
  o Stand up – sometimes walk

• Your baby starts to learn s/he is separate from others. Babies will:
  o Look at their hands and toes, and play with them
  o Cry when their parents leave
  o Learns their name

• Your baby learns to talk:
  o At first, babies cry and make throaty noises
  o Later, they babble and say mama and dada
  o Then they make lots of sounds
  o They start to name things and people they know

• Babies start to play games; babies can:
  o Play with their hands
  o Show an interest in toys
  o Start to like ‘putting in and taking out’ games
  o Start to like banging toys together
  o Carry around dolls or stuffed toys

• Your baby will start to relate to other people:
  o First your baby will relate to you and other adults
  o Later, your baby will notice other babies

• In order to grow, babies need:
  o Someone who loves them, and helps them quickly when they cry
  o Someone who gets to know them
  o Someone to keep them safe and comfortable
  o Chances to move about and do new things

• Your baby needs:
  o Safe things to look at, grab, bang, pat and roll
  o Safe places to play
  o Chances to hear talking and to make sounds