



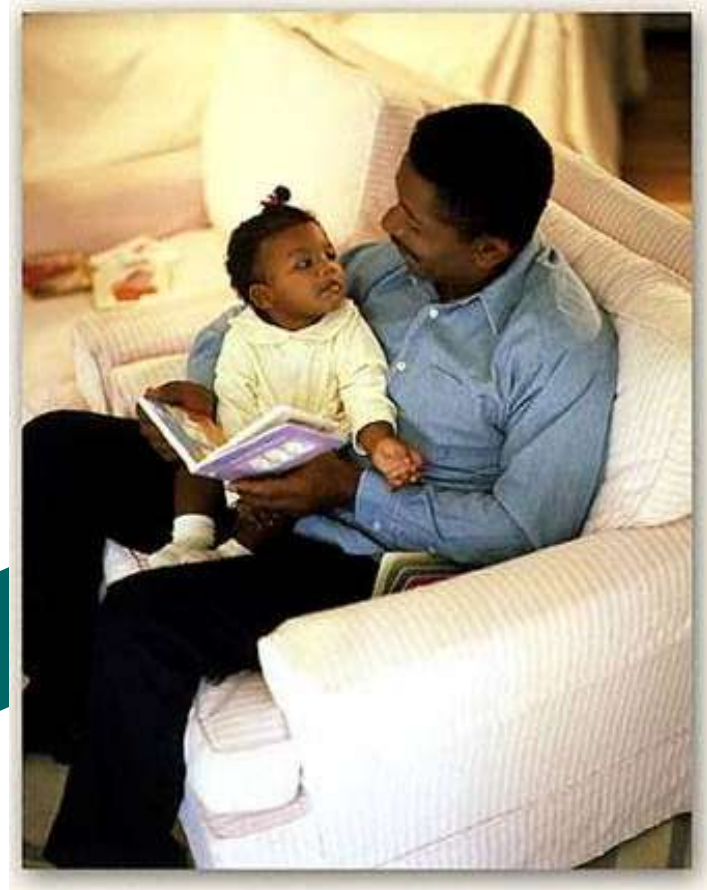
Babies From Birth to 12 Months:

Becoming Aware of the World Around Them





Key Ideas



She'll touch a book, chew it
look at it, and sometimes
listen while you



Build on Your Baby's Curiosity About the World

- Encourage your baby's curiosity by providing a variety of sensory experiences (e.g., touch, sight, sound, smell, taste) and opportunities for exploration.

- Engage in physical play (e.g., crawling, walking, climbing) and language play (e.g., singing, talking) to promote sensory awareness and cognitive development.



Build on Your Baby's Curiosity About the World

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Key Ideas



play.





Learning Through Play





Learning Through Play



...it makes a sound.”

...understand that

...can still exist when, for example,

...over your face and then take it

...boo!” Or when a ball rolls

...discover that, if he looks



Learning Through Play

•

—

more.

—

? Point?

tired?

er body in new

ways—waving, crawling, leaving in the morning

clapping, covering her eyes to play peek-a-boo with you.

—

Facial Expressions: Babies at 6 weeks and their facial expressions from then on





Learning Through Play



-
-
-

...loved, and
...positive
...at communication (you
...temperament
...one-on-one





Learning Through Everyday Moments

...and down in
...and then giggled. She
...at her dad. He
...this time. The
...and Jessica
go of the spoon. The spoon dropped
below the surface.





Learning Through Everyday Moments

...here it goes it
...om.” Jessica put her
...ck on them. “Eating you
...” wondered her dad.





Learning Through Everyday Moments

...kissed the ... her
toes. Jessica laughed, splashed
her hands down into the bath and
cooed, "Daaa! Daaaaa!"





To Think About

-
-
- What are some of the things that you have learned through her bath? How do you think she is feeling about this story?



What Was Jessica Learning?



trust as her
safe. Her dad's
feel *special* and





What Was Jessica Learning?



When her father wonders "Are you...
when he sees Jessica put her...
shows how attuned he is...
is sending.

...ation
...ng, cooing,
...er, Jessica and her
... of sorts.



What Was Jessica Learning?



as

strength





What Was Jessica Learning?



... (properties of
toys in her bath.
she realizes that
arm pattern

She is learning about words and language
feels (through tickles and kisses)
and "toes" represent part



Thinking About Your Baby



time a time for learning
your baby?

time a time for learning
your baby?

time a time for learning
your baby?



Common Questions About Babies and Play



re. Is





Common Questions About Babies and Play

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•

to help him the
needs.

•

and they might
or fuss, rub their eyes or turn
away from you, or just fall
asleep.





Common Questions About Babies and Play



What do these
mean?





Common Questions About Babies and Play

-

-

loud, fast, and in-the-box may be too
ys that offer a similar
as the jack
as rattles or toy pianos where she
hear a tone



Common Questions About Babies and Play



to
in the
worry?





Common Questions About Babies and Play

•

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...engaging
...builds the desire to explore
with her hands. Think about shape
sorters, textured blocks, and
that encourage handling





Common Questions About Babies and Play



...the
...ing or if you have any
questions about her physical
development, talk to your pediatrician
and ask whether a development
assessment would make sense



Ideas for Playing With Baby



•

... against
... say, "3-2-1 ..."
... Roll back and gently
... her legs while holding
... securely. Let her "fly" for
... few minutes.

•

... a small
... rolled-up towel under your
... baby's arms and chest while
... she lies on her tummy. Put
... some interesting toys in front
... of her and encourage her to
... reach for them





Ideas for Playing With Baby

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-

ways up-

in baby in front of the
eyes, nose, mouth, arm

way from the mi

“Where’s baby go?” in back in front of the

“There’s [your baby’s name]!” This game

understand that she is her own p



Developmental Milestones: Birth to 12 months



...their own pace and
...on a particular
...frame.

...from *Bringing Up*
...*Steps to Making Good Decisions*
First Years by Claire Lerner and
...and printed by the Zero to Three
(www.zerotothree.org/pr)



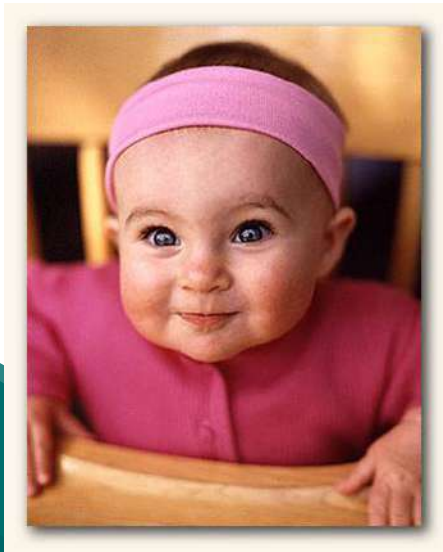
Developmental Milestones: Birth to 12 months

- I will be able to hold my head up steadily and turn it from side to side.
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- I will be able to hold my head up steadily and turn it from side to side.
- I will learn to hold my head up, roll, and crawl. I can stand if I hold onto something and even be walking.





Developmental Milestones: Birth to 12 months



- I can smile at me, and
- I can be frightened, or feel
I need some help to settle
- I can comfort myself. I may
or have use a pacifier or
blanket or stuffed animal
- I can show
facial expressions



Developmental Milestones: Birth to 12 months

Your baby learns about people, objects, and how things work.

- 6 months, I can understand when you say "no" and I will try to be helpful to help me feel better when I am uncomfortable with new people.
- 9 months, I can pick things up with my fingers. When you are not with me, I will try to find you. I know you are still out there even if I can't see it anymore. I might cry extra hard when you leave me now, because I know you are still out there.
- 12 months, I can walk and I can say "mama" and "dada".



...et, I have
...erwhelmed. I try to
... my voice, face, and
... I love talking. By the
... my first word.
I learn to talk when you talk to me. Parents
talk the most to their children
vocabularies.



For More Information



Business
Learn how babies
Everyday moments
o.



ZERO
TO
THREE®