









Stages of Development Birth to 1 Year



Pediatric Health Promotion, NMCSO

This is a helpful guide to suggest way to be an active and involved dad. Also included are developmental behaviors to expect at different stages your baby's growth. **HOWEVER**, not all babies develop at exactly the same rate, so don't be surprised if some tasks are not accomplished at the time given- this is just a general guideline.

 <p>Month 1</p>	<ul style="list-style-type: none"> • BONDING: Baby is most alert when feeding, so bond with her by burping, bringing baby to mom, or helping in other ways.) • SOOTHING: Babies communicate by crying, which will tell you she is hungry, tired, has gas pains, is overwhelmed, or needs changing. • FEEDING/ CHANGING: Feedings may be 10 to 12 times a day, and newborns may go through 10 diapers a day!
 <p>Month 2</p>	<ul style="list-style-type: none"> • SLEEPING/ SAFETY: Your baby will be more responsive to voices and faces. She may sleep through the night (4-5 hrs), be sure to place her on her back to reduce her risk of SIDS. • CRYING: When she cries, soothe her with your voice, gentle massage on her back, hands, or feet, or a stroller/ car ride.
 <p>Month 3</p>	<ul style="list-style-type: none"> • PLAYING: Play games using her hands, such as patty-cake, or shake a rattle in front of your baby and allow her to follow the sound with her head and eyes- you may notice a smile! Put baby on her tummy for play time to help develop control of her head and strengthen her arms.
 <p>Month 4</p>	<ul style="list-style-type: none"> • DEVELOPMENT: Baby is more active, rolling over by herself. When placed on her tummy, she turns her head from side to side. Spend time looking at baby's reflection in a mirror and playing peek-a-boo. • TEETHING: Teeth may be ready to emerge, you may notice excessive drooling, fever and crying. Massage gums with your finger or give baby a refrigerated pacifier to relieve pain.
 <p>Month 5</p>	<ul style="list-style-type: none"> • GROWTH: As your baby begins to sit up, it is easier to play and talk with her. She has probably doubled her birth weight, even though it seems as though she is not eating as much.
 <p>Month 6</p>	<ul style="list-style-type: none"> • SAFETY: Baby will roll over and begin to practice crawling. Keep an eye on her at all times! • NUTRITION: She may be ready for solid foods, if she has good control of her head and can sit up in the high chair. Do not feed her cow's milk, she may have an allergic reaction. Introduce foods one at a time, so if she has an allergy, you know what foods are off limits.