

# Baby's First Year



Decade  
of  
Difference



# Activity Calendar

# About My Baby

Baby's Name:

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Date & Time of Birth:

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Height:

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Weight:

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ON THE DAY THAT  
YOU WERE BORN:

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## PEDIATRICIAN VISITS:

Date of Visit

Height

Weight

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# Firsts

SMILED

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SAT UP

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LAUGHED

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CLAPPED

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ATE SOLID FOOD

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ROLLED OVER

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TOOTH

\_\_\_\_\_

CRAWLED

\_\_\_\_\_

Decade  
of  
Difference



This calendar was developed by the *Decade of Difference* as a resource for parents. The timelines for developmental milestones and activities are estimates, all babies develop at their own pace. We hope you enjoy this calendar.

# Baby's First Month

Newborns see your face best when it is about 7-12 inches away. Spend some time everyday gazing at your baby.

Babies at this age sleep up to twenty hours a day. It sure may not feel like this because those twenty hours are broken up frequently.

Feeling overwhelmed????  
It's perfectly normal to feel this way. Make sure to take care of yourself and rest when you can. When people offer to help, take them up on it.

Touch is very important for your infant's development. Find time to have skin-to-skin contact with your newborn. Try out infant massage.

Place baby's footprints here



Well Baby visits at 2 weeks and 1 month.

# Activity Ideas for Baby's First Month

## SINGING TIME

Sing to your baby, it doesn't matter if you sing the silliest of songs to the most complex opera, children learn about language through hearing music.

## BABIES AND BOOKS

Read to your infant! While they might not even be able to focus on the pictures yet, you CAN start reading to your infant. Read early and often, especially books with repetitive sounds.

## NAME IT

Look at things with high contrast around the house or in the environment and name them. Babies also LOVE to look at faces.

## TREE TRANCE

Lie on a blanket under a tree with your baby. Together you can watch the dance of light and shadow, listen to the leaves and feel the breeze.

# Baby's Second Month

Infants are sensitive to noise and often startle at loud noises. This doesn't mean you need to keep the house ultra quiet, babies have the capacity to adapt and adjust.

By the end of the second month, most babies have the ability to grasp things with their hands, however, they have no clue about how to let go. Parents, watch your hair, glasses and dangling earrings!

Infants' eyes are still developing and they won't have their full vision for a while. At this point, they still see contrasting colors, such as black and white best, and really like looking at faces.

Neck muscles are getting stronger but still need some extra support. Your baby may be lifting his/her head up for short periods of time.

Babies develop along their own individual timeline. When reading about developmental milestones, keep in mind that there is a range for when these new skills emerge. If you are ever concerned, consult your pediatrician.

Changes in the first 8 weeks  
(list below)

Well Baby  
check at  
2 months.

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# Activity Ideas for Baby's Second Month

## LIGHT SHOW

Turn off the lights, turn on your favorite CD, lie on the bed or floor with a flashlight and your child next to you. Shine the flashlight in different areas of the room. For more fun, place colored plastic wrap at the end of the flashlight secured with a rubber band. As your child gets older and starts to move you can continue this game and have your child chase the light, always being careful to not shine the light in his/her eyes.

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## SILLY SLEDS

Place a rectangular piece of cardboard (larger than your child) on the carpet and place your child on the cardboard. Now gently slide the cardboard back and forth, this gives them the sensation of moving forward before they can actually crawl. Do not go too fast or you may startle him/her. You may vary this activity with your child's ability to hold themselves up. Eventually your baby will be able to propel himself/herself forward with his/her arms.

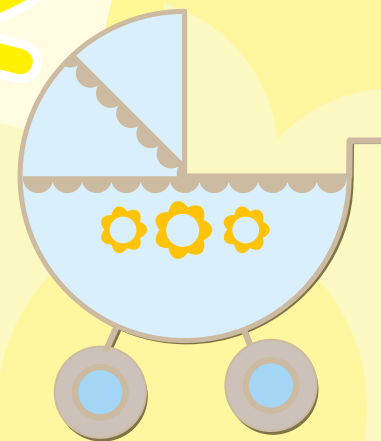
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## BEACH BALL TOSS

With your baby on his/her back, toss a colorful lightweight beach ball in the air and catch it right above him/her.

## OUT AND ABOUT

You can take your baby anywhere, new sights and sounds are stimulating for his/her growing brain.





# Baby's Third Month

Watch for your child to laugh out loud this month.

Make sure rattles and toys are soft because at this age babies can grasp and move objects, but they have little control, and do not connect the movements the objects are making with their own actions.

Toothbrushing should begin before your baby's teeth poke through their gums. Use an infant sized toothbrush. Baby teeth were believed not to matter, they fall out anyway; we now know this isn't true, taking care of baby teeth helps to protect developing permanent teeth.

By now, your baby may be sleeping for longer stretches of time.

Babies will start to follow a moving object.

In need of child care?  
Contact Changing Tides Family Services for a list of child care options in your area. (707) 444-8293 or (800) 795-3554 or online at [www.changingtidesfs.org](http://www.changingtidesfs.org)



# Activity Ideas for Baby's Third Month

## DIAPER DANCE

Next time you are changing your infant's diaper, take your hand and turn it into a creature and dance it up your baby's body. Do this with a slight bit of pressure. Start at the bottom and create anticipation. While you are doing this, talk to your child. The touch along with the conversation is very stimulating for your child.

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## CLOSE AND FAR AWAY

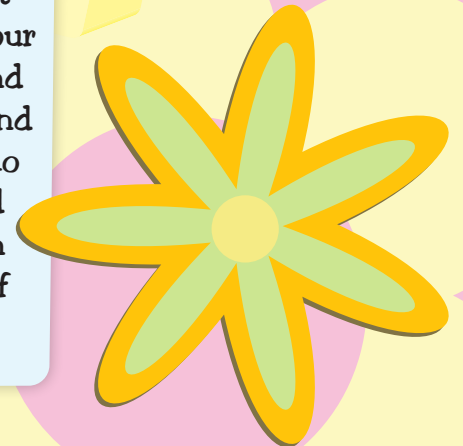
Lying on your back, hold your infant by his/her midsection (make sure they have full head control before attempting this). Lift them up and away from your body and say something to the effect that baby is so far away, and then bring them back down right in front of your face and say something about baby being so close. Changing the pitch of your voice is also good. There is a bonus of a great upper arm workout for the parent.

## ANIMAL TALK

Stimulate baby's language by making various animal noises. Pay attention to your child's reaction.

## HATS OFF!

Use a collection of different hats (nothing scary). Face your baby and try on the hats and begin your show of words and play about the hats and who you might be. Lean toward your baby so the baby can grasp your hat or pull it off of you for more fun.



# Baby's Fourth Month

Your baby may be ready to try sitting with support, watch for signs they are tiring of being in an upright position. Always stay within reaching distance when doing this.

Babbling is the beginning of speech. Respond to your baby when they babble at you.

Watch for rolling babies! Your child may already be rolling from their tummy to their back, if not they will be soon.

Guess who can see in color now??

Well Baby check at 4 months.

First 5 Humboldt has a website that is a valuable resource for parents. Check it out. There is a list of current playgroups in the county.  
[www.humkids.org](http://www.humkids.org)

# Activity Ideas for Baby's Fourth Month

## TUBULAR TALK

Take a cardboard tube from a roll of paper towels and use it to "talk" to your infant. Place the end of the tube near your child's ear and talk gently into the tube, being careful not to talk too loudly as it will magnify your voice. If your child seems confused, let him/her see your mouth moving so he/she knows it is you doing the talking.

## TINKLE TOES

Put bells on baby's socks or ankles and watch baby make music. (Ensure that anything sewn on baby's clothing is secure to prevent choking hazard.)

## TICKLE TICKLE

Find opportunities to give your child a little tickle. Pay attention to their reaction and stop if they look like they have had enough or are not enjoying it.

## TUMMY TIME

Place your infant on a blanket on his/her tummy with a variety of interesting things to look at; some infants really don't like this, but it is important. This activity helps develop the muscles they need to hold up their heads and to roll over.

2

# Baby's Fifth Month

Explore the outdoors with your child. Has your child touched grass? Babies use all their senses to explore their world, so keep an eye on that open mouth!

At 5 months old your baby still finds you fascinating and will watch you attentively while you are talking.

**Sleep!**  
Your baby may have a more predictable sleep pattern at this age but as they continue to grow this will continue to change.



**What Developmental Milestones has my child reached?**  
(list below)

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# Activity Ideas for Baby's Fifth Month

## CAUSE AND EFFECT

Give your child toys or rattles that make noise when you shake or grasp them; make sure they are safe to be put in their mouth. Your child will eventually connect their action to the noise that is coming from the toy.

## BUZZY BEE

Place baby on his/her back on a soft blanket. Make a sound imitating a buzzing bee as you move your finger toward baby's body. After a few seconds, touch baby and say Buzzy Bee!!! Repeat with the "Buzzy" landing on different parts of your baby's body.



## BIKE HIKE

With your baby lying on his back on the floor, couch, or changing table, grasp him/her gently by each ankle and move his/her legs slowly in a circle, as if he/she were riding a bicycle. Exaggerate the movement slightly, bringing his/her knees up close to his/her chest and stretching each leg out straight on the "down" side. Hold your face close to his/hers, and speak to him/her softly about what you're doing. Vary the rhythm of the cycles, alternately speeding up and slowing down. The motion strengthens his/her legs and abdomen, and your voice perks up his/her hearing.

## ROLL OVER

Place your child in the middle of a blanket and sing the song "Roll Over." *There were 5 in the bed and the little one said Roll Over, Roll Over, they all rolled over and one fell out, there were 4 in the bed... Until there are none and the little one said, "Good Night"* Each time you sing Roll Over, move your baby from their back to their tummy or their tummy to their back, simulating rolling over.



# Baby's Sixth Month

Most pediatricians recommend you should start introducing your child to solid food around 6 months of age, so by the end of this month you may be embarking on the adventure of food. That this is not just a big transition for you, but for your child as well. Their digestive system has to adjust, the texture in their mouth is completely different and the taste is something completely new.

Introduce new foods one at a time, if they react to a food you will know what they are reacting to and can temporarily eliminate one thing from their diet instead of multiple foods. Many fruits and vegetables can easily be made at home and blended in a blender or food processor. For convenience you can make a big batch and freeze in small quantities (think ice cube trays).

Babies develop at their own pace and some babies at this time have begun to crawl and others are still working on it.

Either way, take this time to go over your place and check for any hazardous situation your child could get into. You will want to re-evaluate again when your child starts pulling themselves up.

**POTENTIAL HAZARDS\***  
Electrical outlets • Electrical cords •  
Cleaning products • Cords for curtains and blinds •  
Medicines • Toiletries • Plants (check if any of your houseplants are toxic) • Stairs

\*This is just a partial list of the most basic of hazards, there are many lists out there, as well as products for childproofing. Think what would happen if your baby put this in his/her mouth or touched this or got tangled in that.



Well Baby check  
at 6 months



# Activity Ideas for Baby's Sixth Month

## STIMULATING SOUNDS

Produce funny sounds for your child using only your mouth. Try squawking like a parrot, honking like a truck horn or saying "hello hello hello" in a squeaky voice. Your baby will be both amused and amazed.

## PLAY WITH THEIR FOOD!

That is right, I said play with their food. Let them squish it through their fingers and use all their senses to explore their food. Most pediatricians now recommend waiting until your child is 6 months old to introduce them to food.

## SUPERBABY, FLY AWAY!

Start by sitting up with your knees bent, positioning your baby with his/her tummy against your shins. Then, holding him/her steady, lie back on the floor, simultaneously raising your legs slightly into the air. Your shins, with your baby lying comfortably atop them, should be parallel to the floor. In a sing-song voice say: "Superbaby! She/he flies up, up and away" (or whatever silly thing feels right to say) as your little one rises into the air. Depending on your level of fitness, you can zoom him around by moving your legs forward and back and side-to-side before bringing him in for a landing. This is also a great way for moms to regain abdominal strength after pregnancy.

## PURPLE COW NOW?

Holding baby or having baby in a seat, swing, etc., facing you, sing the song: "I never saw a purple cow, I never hope to see one. But if (your child's name) could be here anyhow, She'd/he'd rather see than be one." Repeat over and over. Simple silly songs that can be sung over and over again are very good for children's language development.





# Baby's Seventh Month

Your baby can see and hear quite well now and still prefers to look at and listen to his/her parents. It is good to introduce them to many sounds, outdoors, music, other people.

Your baby may be sitting up now; this opens up a whole new world to your child. Those head, neck and abdominal muscles are working hard now, watch for signs that they need a break.

On average, babies get their first tooth around 6 months. There are many different ways to soothe a teething baby: a cold or frozen washcloth to chew on, a teething ring or massaging their gums. (Wash your hands before massaging their gums to avoid bacteria.) Continue brushing your child's teeth with an infant sized soft tooth brush. Guidelines on when to introduce toothpaste with fluoride vary, so consult your dentist.

## Symptoms of Teething

(children may have some, none or all of these)

- Crankiness
- Changes in sleep patterns
- Resistance to breast or bottle
- Drooling
- Chewing on everything
- Gums may be swollen or red

# Activity Ideas for Baby's Seventh Month

## TOY TEASE

While playing on the floor with your infant, put some of their favorite toys just out of their reach, this should encourage them to move forward. Don't be discouraged if they go backwards at first, they will get it eventually.

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## PLAY BALL!

Roll a ball (large enough not to be a choking hazard) slowly to your seated infant, keep repeating. Eventually this will turn into a back and forth game.

## MEALTIME ADVENTURES

Introduce your child to eating utensils. As soon as your child is eating and can grasp, give them an infant sized eating utensil, it will be a while before they get the mechanics down and the process will be messy.

## IF YOU'RE HAPPY AND YOU KNOW IT!!!

Sing this song to your baby/child. Help your child do the movements. "If you are happy and you know it clap your hands" (clap baby's hands). "If you are happy and you know it clap your hands" (clap baby's hands). "If you are happy and you know it , your face will surely show it! If you are happy and you know it clap your hands" (clap baby's hands). Can repeat with "If you are happy and you know it stomp your feet" (stomp with baby's feet).

# Baby's Eighth Month

Sleeping patterns have changed since your baby was a newborn. You should be enjoying longer stretches of time at night and your baby is more wakeful during the day.

Not all babies experience separation anxiety but most have some discomfort when a parent leaves them and it can start to pop up now. It has to do with their inability to understand that you are not gone forever and you will be back. One strategy for easing the anxiety is having another familiar person with your child when you leave. When you leave your child with another caregiver be prepared for it to be rough on both of you, try and make your time away short at first and increasingly longer.

As well as listening to you, they are making an increasing number of sounds and having "conversations." They may be amused by funny facial expressions and giggle uncontrollably.

**What are the sounds my baby makes?**  
(list below)

**Foods & Beverages to Avoid before 12 months**

Candy • Nuts • Popcorn  
Peanut butter • Honey • Cow's milk

Anything that hasn't been cut up to the size of a pea or smaller can be a choking hazard (this is not to be considered a complete list).

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# Activity Ideas for Baby's Eighth Month

## THIS LITTLE PIGGY

Play the classic rhyme on your child's fingers or toes, find other rhymes, or make up your own. Touch is very important to your infant's development. "This little piggy went to market, this little piggy stayed home; this little piggy had roast beef, this little piggy had none, and this little piggy went wee, wee, wee all the way home."

## CUSHION CROSSING

Take cushions off the couch, pillows off the bed, or small throw pillows and pile them up and surround your baby. Do not stack them too high or it will be frustrating. They will have to work to crawl over the obstacle.

## WHERE IS IT?

Play Hide and Seek with a toy, cover a toy say where is it with your child watching and then uncover it and say here it is.

## SAVVY SHOPPER

The grocery store newspaper ads can be very visually stimulating. Position your child in your lap so that they can see the items but not touch the paper and point to the different items and name them.



# Baby's Ninth Month

Babies at this age are beginning to work on the concept of object permanence, which means that when I can't see something, it doesn't mean it isn't there. When they master this concept it will make separation from caregivers easier.

Your baby may now recognize his or her own name when it is said.

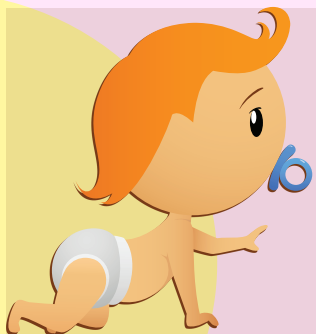
The pincer grasp is getting refined about now, give them small pieces of food to grab and put in their mouth.

Whether your baby is creeping, crawling or cruising, odds are, your baby is now mobile. They may begin to use things to help them pull up. Look around at what might get pulled over if they pull on it.

This month your baby may be able to imitate your movements and also point to things they want. Speak to them about what you think they are indicating.

Clapping may be a new skill for your child.

Many babies start playing the uh-oh game (otherwise known as fetch) where they take an object and drop it and say uh-oh and watch you pick it up. While it may be frustrating, keep in mind they are experimenting with cause and effect.



Well  
Baby check  
at 9 months



# Activity Ideas for Baby's Ninth Month

## PEEK A BOO

An oldie but goodie, cover and uncover your face with your hands and say something every time you uncover your face. Watch your child for signs that they are done. This is a game that you can play throughout your child's early years.

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## BUBBLE BLOWING

Talk about the size and colors of the bubbles as they blow gently past baby. Baby will try and grab for them. If they land on him/her, name the body part they landed on. Take care not to get the bubble solution in his/her eyes. Bubbles are available commercially or can be homemade with recipes from the internet.

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## TUB FUN

In the bath, give baby plastic drinking cups and measuring cups to fill and dump in the tub. Let baby enjoy the sound of cascading water. (Never leave baby alone in the tub.)

## BABY SIGNS

Learn some baby signs: there are many sites on the internet to help you. Knowing some basic signs reduces frustration and promotes language development. You can even make up your own, the important thing is that you understand what your child is communicating and respond.

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# Baby's Tenth Month



Babies of this age will smile and laugh both spontaneously and in response to seeing you laugh or smile, so give them something to smile about.

Regardless of which parent has spent more time with the baby, in terms of babbling, da-da usually comes out before ma-ma. Take heart mothers, it does not indicate a preference for fathers, and the ma-ma sound usually follows close behind.

## Places to Explore

**DISCOVERY MUSEUM:** The Discovery Museum has a space specially designed for babies. <http://www.discovery-museum.org/>

**SEQUOIA PARK ZOO:** A fun trip for the whole family. Check the website for special events and free zoo days. <http://www.sequoiaparkzoo.net/>

**LOCAL PARKS:** There are neighborhood parks all over Humboldt County. The Kids Digest usually publishes a list of parks. <http://101things.com/humboldt/the-humboldt-kids-digest/>



# Activity Ideas for Baby's Tenth Month



## MAGICAL MEASURING CUPS

Give your child a set of non-metal measuring cups, they can be used for so many activities, stacking, nesting, pouring water or just banging together. This is a toy/tool with longevity, as they get older they can actually use them to measure.

## PLEASE AND THANK YOU

During diaper changes have your child hold the clean diaper and when you are ready to use the new diaper, ask them to please hand me the diaper, and when they do say, thank you.

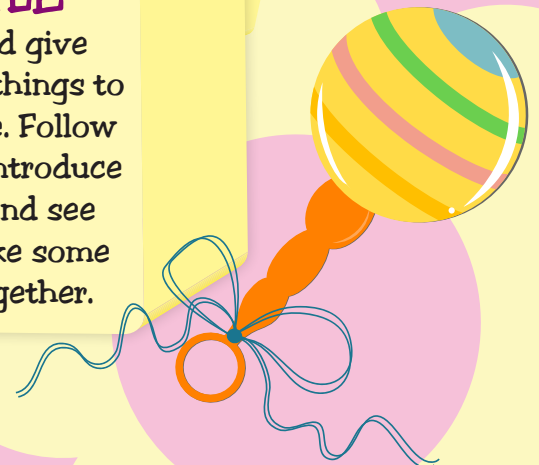


## PHOTO FUN

Babies love to look at pictures of real people. Take pictures of people in your family or people who are close to you and create a "photo album" for your child. There are commercial baby photo albums available or you can create your own, making sure the end product is something that is safe for baby to put in his/her mouth.

## BANG, SHAKE AND RATTLE

Sit on the floor and give baby/toddler some things to shake, bang or rattle. Follow the baby's lead. Or introduce a rhythm or beat and see if baby follows. Make some beautiful music together.



# Baby's Eleventh Month

At this age babies can turn pages in books, but they don't have the fine motor control to not rip pages, so heavy board books or fabric books work well.

Practice drinking water out of a cup. With a lid or without a lid, depending on how brave you are and how many changes of clothes you have on hand.

The Humboldt County Library system has books for every age. Check out the branch nearest to you.

**Main Library**  
1313 3rd Street  
Eureka, CA 95501  
(707) 269-1900

**Arcata Branch**  
500 7th Street  
Arcata, CA 95521  
(707) 822-5954

**Blue Lake Branch**  
111 Greenwood Ave.  
City Hall  
P.O. Box 236  
Blue Lake, CA 95525  
(707) 668-4207

**Ferndale Branch**  
807 Main Street  
P.O. Box 397  
Ferndale, CA 95536  
(707) 786-9559

**Fortuna Branch**  
753 14th Street  
Fortuna, CA 95540  
(707) 725-3460

**Garberville Branch**  
715 Cedar Street  
Garberville, CA 95542  
(707) 923-2230

**Hoopla Branch**  
Loop Rd.  
P.O. Box 1407  
Hoopla, CA 95546  
(530) 625-5082

**McKinleyville Branch**  
1606 Pickett Rd.  
McKinleyville, CA 95519  
(707) 839-4459

**Rio Dell Branch**  
715 Wildwood Avenue  
Rio Dell, CA 95562  
(707) 764-3333

**Trinidad Branch**  
463 Trinity Street  
Trinidad, CA 95570  
(707) 677-0227

**Willow Creek Branch**  
At Hwys 299 & 96  
P.O. Box 466  
Willow Creek, CA 95573  
(530) 629-2146



# Activity Ideas for Baby's Eleventh Month



## BASKET OF FUN

Give your child an empty laundry basket and see what they do. It can be so many things, something to get in, under, creep around, fill up, dump out and on and on.

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## CRAYON CREATIVITY

Infants who can grasp, can color. There are crayons made with 100% beeswax that are safe if baby takes a little nibble. Give your baby a piece of paper and some beeswax crayons and let them explore. This works best if your child is either contained in a seat or in your lap.

## DRUMMING FUN

Sit with your baby and drum with pans, and wooden, plastic, metal spoons and whisk. Take turns.

## BUCKET OF BLOCKS

Sit on the floor with a bucket of blocks. Follow your child's lead with dumping, stacking, refilling.

3



# Baby's Twelfth Month

**Congratulations!**  
By the end of this month your baby will be a whole year old.

Sometime around this age, babies switch from two naps a day to one nap a day sometime after lunch. It will take some adjustment on everybody's part. Expect some level of crankiness (and not just the baby!).

Your baby can now understand simple instructions. Such as get your blanket, get the book, clap your hands. Whether they do what you ask them is something entirely different.

As babies have their own unique timeline for development, you may have a child who is just starting to pull themselves up, starting to cruise, walking with their hands held, or even taking steps independently.

**Look at all the amazing stuff my child does at !!**  
(list below)

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# Activity Ideas for Baby's Twelfth Month



**DRESS UP**  
Children are fascinated with dressing up and it starts early, it can be as simple as an adults shirt and shoes to put on. This is good practice for when they are responsible for putting on their own clothes.

**MILK CARTON MADNESS**  
Take 1/2 gallon milk or juice cartons, rinse them out and tape up the open end. They make perfect building blocks and when your child is no longer using them just recycle.

**CRUISING COURSE**  
If your child is pulling up on furniture, create a safe place for them to travel from one piece of furniture to the next, watch for sharp corners.

**TWINKLE TWINKLE**  
Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star, How  
I wonder what you are! (You can make up movements to go along with the song. Your child can start to sing along and try out some of the movements.)





Was this calendar useful? How could it be improved?  
Let us know at [literacy@humboldt.k12.ca.us](mailto:literacy@humboldt.k12.ca.us)  
Your feedback would be appreciated.

06/12/SS/LCCPC/0-12Calendar

