

The Original

# BabySteps®: The First Year



**BabySteps®. A unique keepsake created by a developmental psychologist. With stickers to record your baby's precious firsts. Learn about your baby as your baby learns about the world.**



*Remembering the first steps into the future.™*

# Welcome...

...to *The Original BabySteps®: The First Year* - a unique keepsake of your baby's precious firsts.

This easy-to-keep record of your baby's developmental milestones during the first year has been created by Dr. Helen Ogg. Helen's doctoral research was concerned with toddlers' early language development. She is also a mother, and draws upon her knowledge and experience to bring you delightful accounts of the physical, emotional, intellectual and social progress your baby will make during the first year of life.

Some aspects of your baby's development may surprise you. Why would your new haircut puzzle your newborn? What is the difference between your baby's reflex smiles and social smiles? What is the difference between instrumental and declarative pointing? These, and many other questions, are answered in this specially designed keepsake. As your baby learns about the world, you learn about your baby.

Like a calendar in format, BabySteps®: The First Year helps you to record important milestones from the day your baby is born. Use the stickers to record landmarks - first tooth, first word, first smile - alongside every day family events such as trips to grandparents, visits to the swimming pool, birthday parties. A 'What to Expect' section explains the significance of each milestone. Why not take photographs of your own baby at each milestone and stick them over those featured in BabySteps®? The result will be a truly personalised keepsake to be treasured by parents and children alike.

Follow the simple instructions in order to create a keepsake unique to your own baby.

## Instructions

Recording your baby's development with BabySteps®: The First Year could not be easier. Three simple steps to start you off...

1) Enter your baby's birthday in the 'from' section and the date one month later in the 'to' section at the top of the first calendar grid. For example, if baby's birthday is 21st April the first grid will read 'from 21st April to 20th May'; the second grid 'from 21st May to 20th June'; and so on for all 12 calendar grids.

2) Select the birthday sticker and place in the box under the relevant week day. Then number the days of the month in the calendar grid. Using the above as an example, the grid would look like this:



(3) Then number the remaining grids in a similar manner.

You are now ready to record your baby's first steps into the future.

# BabySteps<sup>®</sup>: The First Year. What to expect.

Use the stickers at the rear of this calendar to record your baby's progress. An explanation of each key developmental milestone is detailed below.

**REMEMBER:** The timescales indicated should be taken as a guide only. Babies develop at different rates. For example, whilst some babies say their first word at around 10 months, others may not speak until much later - 20 months of age or older. If you are concerned about any aspect of your baby's development, contact your health visitor or G.P.

## What to expect:

### 0 - 3 months milestones

**Birthday:** Your life has been radically transformed.

**Home from hospital:** You're on your own - the sense of responsibility is enormous.

**First bath:** Some babies hate bath-time and will let their displeasure be known.

**Sticks out tongue:** If you stick out your tongue at your newborn, he or she may return the compliment by sticking their tongue out likewise. An early example of imitation.

**First reflex smile:** Usually during sleep or about to drop off. Looks like a smile but often in response to internal, bodily sensations rather than to events in the outside world.

**First social smile:** Smiles in direct response to your smiling face.

**Turns head:** For example, in response to a noise or your voice.

**Creeps up cot:** By grasping the sheet and pushing down with legs and feet, some newborns are able to creep up the cot - the creeping reflex.

**Straightens body:** Newborns remain in the foetal position for the first few days or weeks. They straighten out their arms and legs once the limbs are stronger. Early leg kicks and arm movements help to make the limbs stronger and improve muscle control.

**Lifts head:** It is difficult to move a large head containing a large brain. The muscular control and strength required take many months to develop to the point whereby a baby can properly control head movements. In the early days, babies are able to lift their heads only briefly.

**Gurgles to voice:** Your baby gurgles in response to the sound of your voice. An early attempt to establish and maintain communication in the absence of language.

**Kicks legs:** In excitement, for example. Not under voluntary control so more like a reflex behaviour. Builds up muscle strength and control.

**Plays with fingers:** Exploring and becoming aware of own body.

**Plays with toes:** Exploring and becoming aware of own body.

**Focuses on faces:** Vision is maturing, so better able to fixate on human faces which are fascinating to babies.

**Meets your gaze:** Making eye contact is an important means of enhancing and maintaining communication.

**Swipes at toy:** Unable to accurately reach and grasp a toy or mobile, your baby takes a swipe at nearby object.

## What to expect:

### 3 - 6 months milestones

**Mouths objects:** Making use of all the nerve endings in the mouth to explore fingers, toes and toys.

**Laughs out loud:** Becoming a social being, and communicating joy.

**Sits unaided briefly:** Muscles in back becoming stronger.

**Holds toy:** Grasps firmly when toy given. Hands and fingers are increasingly under voluntary control.

**Grabs toy:** Grasps a toy that is easily within reach. Hand-eye co-ordination improving.

**Reaches for toy:** Stretches to reach a toy. Demonstrates goal-directed behaviour - "I want that toy, and I'm going to have it!"

**Turns pages of baby book:** An interest in books is the prelude to the joys of reading.

# What to expect (continued)

## 3 - 6 months milestones (continued)

**Forgets hidden toy:** When baby playing with toy in highchair, cover toy with towel. Your baby acts as if 'out of sight is out of mind' - she does not look for the toy under the cloth. It reflects the fact that babies of this age have short memory spans - they simply forget about the toy once it is hidden from view.

**Imitates hand clapping:** Copies you when you clap your hands.

**First solids:** Such as baby rice, puréed fruit and vegetables.

### What to expect:

## 6 - 9 months milestones

**Babbles:** Combines vowel and consonant to make strings ma-ma-ma-ma or da-da-da-da, for example.

**Pointing (Instrumental):** Points at an object as if to communicate "please, give me that toy."

**Pointing (Declarative):** Points at an object or scene simply to draw your attention to it. Your baby wants you to share an experience rather than pick up a toy.

**Wary of stranger:** As memory improves, able to distinguish familiar from unfamiliar people. May be clingy at this stage and unsettled in the presence of strangers.

**Sits up:** Sits up, unaided, for ten minutes or more. Hands freer to explore toys.

**Rolls over from front to back:** Easier than rolling from back to front - it may be accomplished by accident.

**Rolls over from back to front:** Implies intentionality, as difficult to achieve by accident - your baby deliberately set out to roll from back to front.

**Turns head when called by name:** Understands own name.

**Eats finger food:** Such as toast, biscuits, breadsticks.

**Tries to pick up small objects:** Refining the pincer grip may take a few more months. In the meantime, lots of practice is required.

**Holds bottle:** Improved hand control and strength. Also fosters a sense of competence and independence.

**Throws toys:** From cot, highchair, or pushchair. Although it may become tiresome retrieving toys for your offspring, it is an important way of exploring the properties of objects and learning about the nature of gravity.

### What to expect:

## 9 - 12 months milestones

**First word:** Often a word that is easy to pronounce - car, cat, or a familiar name such as mama. Note: some babies do not say their first word until much later - 20 months or later is not unusual.

**Crawls:** Not all babies go through the crawling stage before walking (some bottom-shuffle, for example). Some babies crawl backwards before they crawl forwards. About 15 per cent of babies go straight from sitting to cruising.

**Bottom-shuffles:** Some babies do not bother with crawling, preferring to shuffle about on their bottoms.

**Waves bye-bye:** Developing social skills.

**Stands supported:** Holds on to furniture to hoist into standing position

**Cruises:** Guided by the furniture, or walks whilst holding parent's hands.

**First steps:** Although some babies walk before their first birthday, most babies do not take their first steps until sometime during their second year.

**Pincer grip:** Uses index finger and thumb to pick up small objects.

**Hits one object with another:** Can now make the best use of that drum kit!

**Holds two objects, one in each hand:** May enjoy banging them together to make a noise.

**Tries to self-feed with spoon:** One way of developing a sense of competence and independence.

**Depth awareness:** Should stop when reaches the edge of the bed, or top of stairs. But be there just in case!

**Finds hidden toy:** Previously, if you covered a toy with a cloth your baby behaved as if 'out of sight is out of mind'. Now if you place a cloth over a toy, your baby is not fooled, and will lift the cloth to retrieve the toy. This shows that your baby's memory is improving.

**Crawls upstairs:** Easier to accomplish than coming downstairs.



## First Smiles?

It is not always easy for new parents to recognise their baby's first smiles. Look out for a facial expression, with corners of the mouth upturned, particularly when your baby is drowsy or asleep. These very first smiles occur in response to wind and other bodily sensations, and often during rapid-eye-movement sleep. In fact, delightful though they are to observe, these smiles are simply 'reflex' smiles driven by events inside the infant's body.

Over the coming weeks you will see fewer reflex smiles. Instead, your baby starts to smile in response to stimulation from the outside world. Now your baby smiles indiscriminately, at all manner of objects, sounds and people. True social smiles do not appear until around 2 to 3 months of age.

# month 1

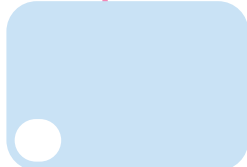
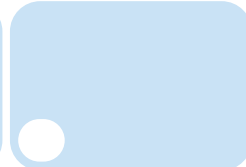
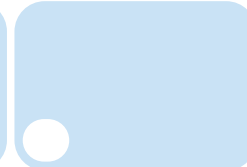



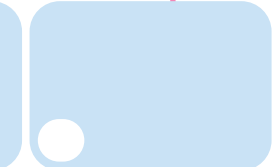
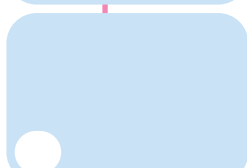
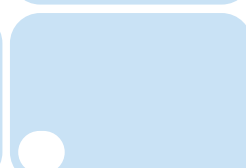
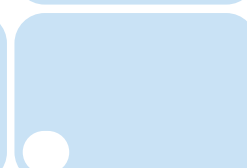
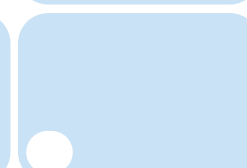




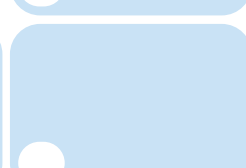
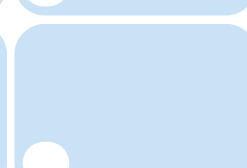





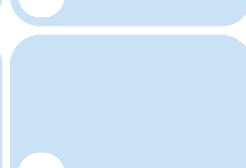
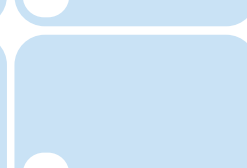





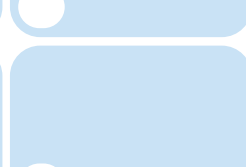
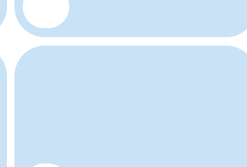
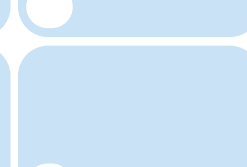



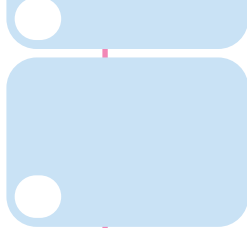
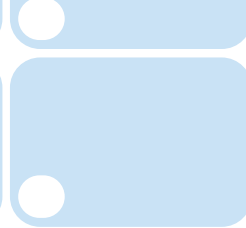
from: \_\_\_\_\_

baby's length: \_\_\_\_\_

to: \_\_\_\_\_

baby's weight: \_\_\_\_\_

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

						
						
						
						
						
		<p>other special events that happened this month...</p>				

# baby's milestones

 birthday	 home from hospital	 first bath	 sticks out tongue	 first reflex smile	 first social smile	 turns head	 creeps up cot	 straightens body	 lifts head
 gurgles to voice	 kicks legs	 plays with fingers	 plays with toes	 focuses on face	 meets your gaze	 swipes at toy	 mouths objects	 laughs out loud	 sits unaided briefly
 holds toy	 grabs toy	 reaches for toy	 turns pages of baby book	 forgets hidden toy	 imitates hand clapping	 first solids	 babbling	 pointing (instrumental)	 pointing (declarative)
 wary of stranger	 sits up	 rolls over from front to back	 rolls over from back to front	 turns head when called	 eats finger food	 tries to pick up small objects	 holds bottle	 throws toys	 first word
 crawls	 bottom-shuffles	 waves bye-bye	 stands supported	 cruises	 first steps	 pincer grip	 hits one object with another	 holds two objects, one in each hand	 tries to self-feed with spoon
 depth awareness	 finds hidden toy	 crawls up stairs	 slept through the night	 last breastfeed	 first immunisation	 first tooth	 first trip to toddler group	 first day at nursery	 first day at childminder
 first time in swing	 first haircut	 first hearing test	 first time swimming	 first tantrum	 plays peek-a-boo	 plays pat-a-cake	 first shoes	 first holiday	 1 month old
 2 months old	 3 months old	 4 months old	 5 months old	 6 months old	 7 months old	 8 months old	 9 months old	 10 months old	 11 months old
 12 months old	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>



Helen and Michael

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**“So much more than a family album, BabySteps provides a unique record of your baby's development. There is nothing else currently available that is so well informed by research. Learn about your baby as your baby learns about the world.”**

**Matthew Saxton MA, MSc, DPhil**  
Developmental Psychologist



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