

# 1-12

## Months



# AGES & STAGES

Babies learn and grow so quickly. By the end of this year your baby will have almost tripled in size. He or she will be crawling and maybe even taking a timid first step! Try to spend lots of time holding, cuddling, and playing with your little one. You will be richly rewarded with babbles, smiles, and squeals of laughter.

## IDEAS FOR PARENTS

### By 4 months

#### Physical development

- weight: 10-18 pounds
- length: 23-27 inches
- sleeps about 6 hours before waking during the night
- sleeps 14-17 hours daily
- lifts head and chest when lying on stomach
- holds both eyes in a fixed position
- follows a moving object or person with eyes
- grasps rattle or finger
- wiggles and kicks with arms and legs
- rolls over (stomach to back)
- sits with support

#### Mental development

- explores objects with mouth
- plays with fingers, hands, toes
- reacts to sound of voice, rattle, bell
- turns head toward bright colors and lights
- recognizes bottle or breast

- Baby proof everything! Store toxic substances such as dishwasher detergent, make-up, paint, or medicine up high. Put safety latches on cabinets, and covers on electrical outlets. Lower crib mattresses so an older infant can't fall over the rail. Cover sharp corners of tables or shelves that your infant might bump into.
- Provide interesting objects for baby to mouth and explore. Square nylon scarves, plastic measuring cups, large wooden spoons, and colorful washcloths are favorite household toys. Keep easy-to-swallow objects out of infant's reach. Baby should not be allowed to play with anything smaller than a half dollar (about 1 ¼ inch).
- If your baby is bottle fed, be sure to hold him or her while feeding. Even if your baby holds the bottle, being held and cuddled helps develop a strong nurturing parent-child relationship. Do not prop an infant drinking from a bottle as it may cause choking.
- Respect your baby's natural schedule. Most babies will settle into a regular routine for eating, sleeping, and soiling their diapers, but the schedule will vary depending on the baby. Some babies need to eat more frequently than others. Some will sleep through the night early on, others will continue to wake briefly well into their second year.
- Talk to your baby. Face your infant when talking so he or she can see you and smile with you. Talk about what you are doing, familiar objects, or people. You may even want to

*(continued on page 3)*



## **(4 months cont.) Social and emotional development**

- cries (with tears) to communicate pain, fear, discomfort, or loneliness
- babbles or coos
- loves to be touched and held close
- responds to a shaking rattle or bell
- returns a smile
- responds to peek-a-boo games

## **By 8 months Physical development**

- weight: 14-23 pounds
- length: 25-30 inches
- first teeth begin to appear
- drools, mouths, and chews on objects
- reaches for cup or spoon when being fed
- drinks from a cup with help
- enjoys some finely chopped, solid foods
- closes mouth firmly or turns head when no longer hungry
- may sleep 11-13 hours at night although this varies greatly
- needs 2-3 naps during the day
- develops a rhythm for feeding, eliminating, sleeping, and being awake
- true eye color is established
- rolls from back to stomach and stomach to back
- sits alone without support and holds head erect
- raises up on arms and knees into crawling position; rocks back and forth, but may not move forward

- uses finger and thumb to pick up an object
- transfers objects from one hand to the other
- hair growth begins to cover head

## **Mental development**

- cries in different ways to say he or she is hurt, wet, hungry, or lonely
- makes noises to voice displeasure or satisfaction
- recognizes and looks for familiar voices and sounds
- learns by using senses like smell, taste, touch, sight, hearing
- focuses eyes on small objects and reaches for them
- looks for ball rolled out of sight
- searches for toys hidden under a blanket, basket, or container
- explores objects by touching, shaking, banging, and mouthing
- babbles expressively as if talking
- enjoys dropping objects over edge of chair or crib

## **Social and emotional development**

- responds to own name
- shows fear of falling off high places such as table or stairs
- spends a great deal of time watching and observing
- responds differently to strangers and family members
- shows fearfulness toward strangers; is friendly to family members
- imitates sounds, actions, and facial expressions made by others

- shows distress if toy is taken away
- squeals, laughs, babbles, smiles in response
- likes to be tickled and touched
- smiles at own reflection in mirror
- raises arms as a sign to be held
- recognizes family member names
- responds to distress of others by showing distress or crying
- shows mild to severe stress at separation from parent

## **By 12 months Physical development**

- weight: 17-27 pounds
- length: 27-32 inches
- sleeps 11-13 hours at night; but may still wake up during the night
- takes naps—some babies will stop taking a morning nap, others will continue both morning and afternoon naps
- begins to refuse bottle or wean self from breast during day
- needs at least 3 meals a day with 2 snacks in-between
- enjoys drinking from a cup
- begins to eat finger foods
- continues to explore everything by mouth
- enjoys opening and closing cabinet doors
- crawls well
- pulls self to a standing position
- stands alone holding onto furniture for support
- walks holding onto furniture or with adult help

## Mental development

- says first word
- says da-da and ma-ma or equivalent
- “dances” or bounces to music
- interested in picture books
- pays attention to conversations
- claps hands, waves bye, if prompted
- likes to place objects inside one another

## IDEAS FOR PARENTS

*(continued from page 1)*

babble back or echo sounds your baby makes much as you would in a regular conversation. Even though your infant cannot understand everything you say, he or she will be learning many words that will form the basis for language later on.

- Read to your baby. Babies enjoy cuddling on a parent’s lap, looking at colorful picture books, and hearing the rhythm of a parent’s voice. With time they begin to understand that words have meaning and can be used to identify objects.
- Encourage older infants to feed themselves by offering pieces of banana and soft bread. Give your baby a spoon with some mashed potatoes or other sticky food and let him or her practice eating with a spoon. Yes, it will be messy! Be patient. Learning this skill takes lots of practice!
- Play peek-a-boo. Hide your face behind a blanket, then peek out at your baby. Older babies will learn to do this themselves and will enjoy this game for a long time.
- Give your baby the freedom to move around. Young infants enjoy being on their back so they can kick, wiggle, and look around. Older infants need space and time to practice crawling, creeping, pulling up, and walking. Spending too much time in a walker, play pen, or infant swing may inhibit the development of these important skills.
- Help your baby develop a sense of trust and security by responding to baby’s cries. Feeling secure encourages your baby to try new things. Be consistent so your baby knows what to expect.
- Stay with your baby when someone new is around. Encourage strangers to approach slowly. Introduce your infant, and let him or her explore someone new in the safety of your presence.

## Social and emotional development

- copies adult actions such as drinking from a cup, talking on phone
- responds to name
- likes to watch self in mirror
- expresses fear or anxiety toward strangers
- wants caregiver or parent to be in constant sight
- offers toys or objects to others, but expects them to be returned
- may become attached to a favorite toy or blanket
- pushes away something he or she does not want

## Toys

- pictures on wall
- mobile of bright and contrasting colors
- measuring cups
- crib mirror
- rattles that make a variety of sounds
- musical toys
- xylophone
- bath toys
- spoons
- pounding bench
- balls of different sizes
- stacking rings
- board or cloth books
- large plastic cars, trucks
- soft, washable dolls or animals



# BOOKS

## Books for parents

- Touchpoints: Your Child's Emotional and Behavioral Development*, T. Berry Brazelton
- The First Twelve Months of Life: Your Baby's Growth Month by Month*, Frank Caplan
- What to Expect the First Year*, Arlene Eisenberg, Heidi Murkoff and Sandy Hathaway
- Your Baby and Child, From Birth to Age Five*, Penelope Leach
- The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two*, William Sears and Martha Sears
- Caring for Your Baby and Child - Birth to Age Five*, American Academy of Pediatrics. Steven P. Shevlov, ed.



## Books for children

- Baby's Faces*, Ben Argueta
- The Rock-A-Bye Collection* (audio tape and book), J. Aaron Brown & Associates, Inc.
- Teddy In The House*, Lucy Cousins
- Touch and Feel: Baby Animals*, DK Publishing
- Grow! Babies!*, Penny Gentieu
- Animal Babies*, Harry McNaught
- Hide and Seek Puppies*, Roy Volkman

## A word on development

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File: Family life - 8

Written by Lesia Oesterreich, extension family life specialist. Edited by Muktha Jost. Graphic design by Valerie Dittmer King.

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# 12-18 Months



# AGES & STAGES

The second year is a delightful time for parents and children. Your baby is developing a personality and rewards your time together with laughter, funny faces, and affectionate hugs. First steps and first words are exciting family events.

## Physical development

- weight: 17-30 pounds
- height: 27-35 inches
- crawls well
- stands alone, sits down
- gestures or points to indicate wants
- likes to push, pull, and dump things
- pulls off hat, socks, and mittens
- turns pages in a book
- stacks 2 blocks
- likes to poke, twist, and squeeze
- enjoys flushing toilets and closing doors
- enjoys carrying small objects while walking, often one in each hand
- holds crayon and scribbles, but with little control
- waves bye-bye and claps hands
- walks without help
- enjoys holding spoon when eating, but experiences difficulty in getting spoon into mouth
- rolls a ball to adult on request

## IDEAS FOR PARENTS

- Enjoy some “floor time” with your child each day. Crawl around together, play peek-a-boo behind the sofa, or roll a ball back and forth. Your child will love having you down on his or her level.
- Review your baby proofing. Your child’s increasing growth and mobility make it possible to reach unsafe heights and play with dangerous material. Get down on your knees in each room and look at things from your child’s perspective. Put toxic items like paint, dishwashing detergent, medicine, and make-up in high cupboards, preferably with a safety cabinet latch.
- Put together a box of items that are fun to feel, poke, and squeeze. You might include plastic margarine tubs, an old sock, tissue paper to crumple, measuring cups of different sizes, a turkey baster, a nylon scarf, an egg carton, and paper cups. Choose items larger than a half-dollar to avoid choking hazards.
- Relax and have fun dancing to music with your child.
- Use bath time to point to some body parts and say them with your baby. Nose, ears, arms, legs, tummy, toes....
- Talk frequently to your child to increase his or her language skills and encourage cooperation. You can make dressing time more fun by pointing to and identifying body parts and clothes. For instance, “See this pretty red shirt? The shirt goes over your head. Your arms go into the sleeves. What shall we put on your legs?”
- Around 18 months your child may begin clinging and become anxious about being separated from you. If possible, reduce separations and be sure that your child is cared for by someone familiar.



## Mental development

- says 8-20 words you can understand
- looks at person talking to him or her
- says “Hi” or “Bye” if reminded
- uses expressions like “Oh-oh”
- asks for something by pointing or using one word
- identifies object in a book
- plays peek-a-boo
- looks for objects that are hidden or out of sight
- understands and follows simple one-step directions
- likes to take things apart

## Social and emotional development

- becomes upset when separated from parent
- likes to hand objects to others
- plays alone on floor with toys
- recognizes self in mirror or pictures
- enjoys being held and read to
- imitates others especially by coughing, sneezing, or making animal sounds
- enjoys an audience and applause

## Toys

- nesting cups
- bath toys, small boat
- soft, huggable dolls (large)
- large animal pictures
- objects to match
- large, plastic blocks
- musical records or tapes
- soft balls of different sizes
- push cart, dump truck
- teddy bear
- plastic jar with lid; lids and containers
- toy telephone

File: Family life 8

Written by Lesia Oesterreich, ISU Extension family life specialist. Graphic design by Valerie Dittmer King.

# BOOKS

## Books for parents

Your Baby and Child, From Birth to Age Five, Penelope Leach

Caring for Your Baby & Young Child, Birth to Age Five, American Academy of Pediatrics, Steven P. Shevlov, ed.

## Books for children

Baby! Talk!, Penny Gentieu

Baby's Colors, Neil Ricklen

Baby's First Words, Lars Wik

Farm Animals, Phoebe Dunn

Goodnight Moon, Margaret Wise Brown

Moo, Baa, La La La, Sandra Boynton



## A word on development

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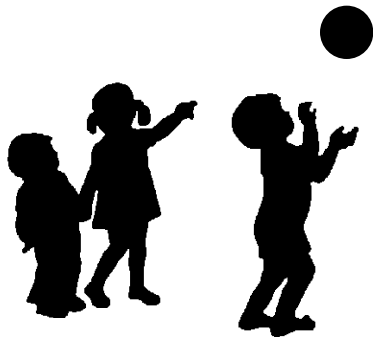
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11/07

# 18-24 Months



# AGES & STAGES

Welcome to the world of toddlerhood! This stage brings a greater sense of independence to your child as he or she learns to walk, run, and climb with greater skill. Your little one now loves to imitate everything you do. Pretending to talk on the phone is a favorite activity.

## Physical development

- weight: 20-32 pounds
- length: 30-37 inches
- walks well
- likes to run, but can't always stop and turn well
- drinks from a straw
- feeds self with a spoon
- helps wash hands
- stacks 4-6 blocks
- tosses or rolls a large ball
- opens cabinets, drawers, and boxes
- bends over to pick up toy without falling
- walks up steps with help
- takes steps backward
- enjoys sitting on, and moving small-wheeled riding toys
- begins to gain some control of bowels and bladder; complete control may not be achieved until around age 3 (boys often do not complete toilet learning until age 3 1/2)

## IDEAS FOR PARENTS

- Enjoy dancing with your child to music with different rhythms.
- Talk with your child about everyday things. After 18 months, he or she will learn new words at a rapid rate.
- Read simple books with your child every day. Choose books with cardboard or cloth pages and encourage your child to turn pages.
- Make your own scrap book of objects or people he or she knows by using a small photo album.
- Encourage language development by expanding on what your child says. When your child says "kitty" you can say "Yes, the kitty is little and soft."
- Play a simple game of "find." Place three familiar toys in front of your child and say, "Give me the \_\_\_\_." See if he or she tries to find it and hand it to you.
- Encourage your child to play dress-up by providing a full-length mirror on the wall and a "pretend box" filled with caps, scarves, and old shoes.

## Mental development

- has a vocabulary of several hundred words, including names of a few toys
- uses two to three word sentences
- echoes single words that are spoken by someone else
- talks to self and "jabbers" expressively
- has "favorite" toys
- likes to choose between two objects
- hums or tries to sing
- listens to short rhymes or finger-plays
- points to eyes, ears, or nose when asked
- uses the words "Please" and "Thank you" if prompted
- enjoys singing familiar songs



## Social and emotional development

- likes to imitate others
- begins to show signs of independence; says “no”
- has difficulty sharing
- very possessive
- finds it difficult to wait and wants it right now!
- gets angry sometimes and has temper tantrums
- acts shy around strangers
- comforts a distressed friend or parent
- refers to self by name
- uses the words “me” and “mine”
- enjoys looking at picture books
- tries to do many things alone
- enjoys adult attention
- enjoys pretending (wearing hats, talking on phone)
- enjoys exploring; gets into everything, and requires constant supervision
- generally unable to remember rules
- often gets physically aggressive when frustrated — slaps, hits
- shows affection by returning a hug or kiss
- may become attached to a toy or blanket

## Toys

- pegboard and pegs, pounding bench, shape sorter
- snap and lock beads, ringstack, plastic jar with lid and containers, beads to string, nesting cups
- soft, huggable dolls (large), teddy bear, soft balls of different sizes
- animal pictures (large), musical records or tapes
- crayon and paper, play dough
- push cart, riding toy, toy telephone

File: Family life 8

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# BOOKS

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*Caring for Your Baby & Young Child, Birth to Age Five*, American Academy of Pediatrics, Steven P. Shevlov, ed

## Books for children

*All About Baby*, Stephen Shott

*Animal Time*, Tom Arma

*Bunny and Me*, Adele Aron Greenspun

*Goodnight Moon*, Margret Wise Brown

*The Little Quiet Book*, Katharine Ross

*Trucks*, Byron Barton



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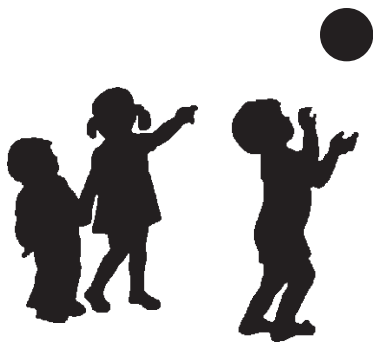
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# AGES & STAGES

Two-year-olds like to be independent! Favorite words are “Mine” and “No” and “I do it!” A great deal of time is spent exploring, pushing, pulling, filling, dumping, and touching.

## Physical development

- weight: 22-38 pounds
- height: 32-40 inches
- has almost a full set of teeth
- walks up and down stairs by holding onto railing
- feeds self with spoon
- experiments by touching, smelling, and tasting
- likes to push, pull, fill, and dump
- can turn pages of a book
- stacks 2-4 objects
- scribbles with crayons or markers
- many children (but not all) will learn to use toilet
- walks without help
- walks backwards
- tosses or rolls a large ball
- stoops or squats
- opens cabinets, drawers
- can bend over to pick up toy without falling

## IDEAS FOR PARENTS

- Baby proof your house again. Your toddler is now taller and more skillful at opening doors and getting into mischief.
- Read aloud to your child every day. Use books with large pictures and few words.
- Try to expand your child's words. If Anna wants more juice, let her hear the correct word order, but don't demand that she imitate you. If she says “more juice,” say “Anna wants more juice.”
- Encourage your child to identify noises like the vacuum, tap water, dogs barking, thunder, airplane, and car.
- Let your child help you with simple chores such as picking up toys, or putting clothes in the laundry basket. Let your child name things you are using.
- Add new information to what your child is saying. “Yes that's a car, a big, red car.”
- Give toddlers clear and simple choices. “Do you want to drink milk or juice? Do you want to wear green or blue socks?”
- Know how to handle a temper tantrum
  - don't yell or hit the child,
  - remain calm,
  - talk in a soothing tone,
  - put your hand gently on the child's arm if possible.
- Do not expect toddlers to share or take turns. Right now they are focused on learning how to physically handle themselves and on learning to talk. Learning to share will come later.
- Provide spaces where toddlers can spend time alone. An old cardboard box or a blanket over a card table works great.



## Mental development

- enjoys simple stories, rhymes, and songs
- uses 2-3 word sentences
- says names of toys
- hums or tries to sing
- enjoys looking at books
- points to eyes, ears, or nose when asked
- repeats words

## Social and emotional development

- plays alongside others more than with them
- acts shy around strangers
- likes to imitate parents
- easily frustrated
- affectionate—hugs and kisses
- insists on trying to do several tasks without help
- enjoys simple make-believe like talking on phone, putting on hat
- very possessive—offers toys to other children, but then wants them back

## Toys

- large blocks, pegboard
- toy telephone
- tricycle, rocking horse
- water and sand toys
- bubbles
- table and chairs, play dishes
- dress-up clothes
- shape sorters, 3-4 piece puzzles
- small and large balls
- doll with bottle and blanket
- cars and trucks (large)
- nursery rhyme tapes, books
- large crayons, blunt scissors
- stuffed animals, wooden animals

# BOOKS



## Books for parents

*Your Baby and Child, From Birth to age Five*, Penelope Leach

*Caring for Your Baby and Child, Birth to Age Five*, American Academy of Pediatrics, Steven P. Shevlov, ed.

## Books for children

*Sounds My Feet Make*, Arlene Blanchard

*Mr. Little's Noisy Truck*, Richard Fowler

*Harold and The Purple Crayon*, David Johnson Leisk

*Brown Bear, Brown Bear, What Do You See?*, Bill Martin Jr.

*Mouse Paint*, Ellen Stoll Walsh

*The Little Red House*, Norma Jean Sawicki

*The Best Behavior Series*, Elizabeth Verdick

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File: Family life 8

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