

FACILITATOR'S GUIDE



First Year Milestones

A Monthly Guide to Your Baby's Growth



First Year Milestones

A Monthly Guide to Your Baby's Growth

TABLE of CONTENTS

Introduction	3
Suggested Facilitator Presentation	3
Video Overview	4
General Development Discussion Questions	5
Birth to 6 Months Milestones Handout	6
7 to 12 Months Milestones Handout	7
Safety Checklist and Local Resources	8



800-326-2082
7107 La Vista Place
Longmont, CO 80503
injoyvideos.com

Written by Vicki KURZBAN • Edited by Benjamin PERRY • Designed by Bob SCHRAM

Introduction

DO YOUR CLIENTS WONDER ABOUT THE PACE OF THEIR BABIES' DEVELOPMENT? Do they know what to expect in terms of infant growth and abilities? Do they recognize the signs of possible developmental delays? Using the popular theme of monthly milestones, *First Year Milestones: A Monthly Guide to Your Baby's Growth* will help viewers:

- Gain a more comprehensive and realistic understanding of infant development
- Realize that every baby is different and achieves milestones in their own time
- Learn what they can do to help their baby fulfill his or her unique potential
- Understand basic safety and parenting information, including the AAP's new SIDS safety guidelines

Suggested Facilitator Presentation

Intended Audience

This program is recommended for parents of all ages and backgrounds who have a baby between birth and 12 months old. It is also appropriate for staff and students learning about the milestones and behaviors typical of the first year of human life.

Suggested Use of Materials

- Review the video and facilitator's guide. Choose the appropriate section(s) of the video for your audience. For example, parents with one-month-olds may benefit most from the section covering the first three months.
- Make copies of the appropriate Milestones Handouts (pages 6 & 7).
- At the beginning of the class, use the general discussion questions (page 5) to start discussion about growth in the first year.
- Present the video in its entirety or in segments, stopping for discussion as needed.
- Provide copies of Milestones Handouts (pages 6 & 7). If there is time, go over the milestones presented in the video, the activities for parents, free and inexpensive toys, and the signs of possible developmental delay.
- If your class meets again, discuss the milestones that have been achieved while emphasizing that every child develops in their own time.

Video Overview

VOLUME 1: First Year Milestones: Birth to 6 Months

SECTION 1: BIRTH TO 3 MONTHS

❁ 1st Month Milestones

- Cry when in need
- Quiet when held
- Gaze at faces
- Lift head briefly

❁ 2nd Month Milestones

- Hold head up
- Coo and gurgle
- Respond to sounds
- Track an object

❁ 3rd Month Milestones

- Lift head to 45° angle
- Bat
- Recognize caregiver
- Smile

❁ Signs of Developmental Delays

❁ Summary

SECTION 2: 4 TO 6 MONTHS

❁ 4th Month Milestones

- Push up
- Hold head steady
- Reach for objects
- Recognize family members

❁ 5th Month Milestones

- Roll over from front to back
- Hold onto object
- Bring object to mouth
- Respond vocally

❁ 6th Month Milestones

- Sit up with support
- Imitate sounds
- Ready for solids
- Play games

❁ Signs of Developmental Delays

❁ Summary

VOLUME 2: First Year Milestones: 7 to 12 Months

SECTION 1: 7 TO 9 MONTHS

❁ 7th Month Milestones

- Sit up
- Bang
- More mobile
- Babble

❁ 8th Month Milestones

- Pass objects
- Push up on hands and knees
- Consonant sounds
- Anxiousness with strangers

❁ 9th Month Milestones

- Crawl
- Imitate actions
- Self-feed
- Figure things out

❁ Signs of Developmental Delays

❁ Summary

SECTION 2: 10 TO 12 MONTHS

❁ 10th Month Milestones

- Crawl up stairs
- Pincer grasp
- Wave good-bye
- Clap hands

❁ 11th Month Milestones

- Climb
- Pull up to standing
- Cruise furniture
- First word

❁ 12th Month Milestones

- Stand
- First step
- Put together, take apart
- Understand “simple words”

❁ Signs of Developmental Delays

❁ Summary

General Development Discussion Questions

1. What is your baby doing physically? With her legs? With her hands?
2. How is she expressing herself vocally?
3. Why is it important to talk and read to your baby?
4. How is your baby connecting with you emotionally? Does she smile or laugh?
5. How is she connecting with other people?
6. What games does she especially enjoy playing?
7. How developed and active do you think your baby's brain is right now?
8. What do you think affects your baby's brain development?
9. What safety issues do you think are most important right now?
10. Do you have any concerns about her growth and development?
11. Why is it important to accept your baby wherever she is in her development?

Milestone Handout: Birth to 6 Months

Next to each milestone, write the date your baby reached it:

- _____ Crying when in need
- _____ Quieting when held
- _____ Gazing at faces
- _____ Lifting head briefly
- _____ Holding head up
- _____ Cooing and gurgling
- _____ Connecting through play
- _____ Tracking an object
- _____ Lifting head to 45° angle
- _____ Batting at objects
- _____ Recognizing caregiver
- _____ Social smile
- _____ Pushing up onto forearms
- _____ Holding head steady
- _____ Reaching out for objects
- _____ Recognizing other family members
- _____ Rolling over front to back
- _____ Holding onto objects
- _____ Bringing object to mouth
- _____ Responding vocally
- _____ Sitting up with support
- _____ Ready for solids
- _____ Recognizing sounds
- _____ Playing games like Peek-a-Boo

Activities for Babies Birth to 6 Months

1. Hold and massage your baby as often as you can
2. Talk and sing to your baby, smile, and look into her eyes.
3. Respond to your baby's cries: does she need a nap, a new diaper, or a feeding?
4. Respond to your baby's sounds, copying hers or making sounds of your own.
5. Provide time and safe spaces for floor play, on tummy and back – get down there with him!
6. Hold safe things out for baby to bat (like a toy) or hold onto (like your fingers).
7. Take a walk together, talking about what you see.
8. Introduce new, safe textures to explore and touch.

Free or Inexpensive Toys for This Age

1. You!
2. Put family photos or pictures with bold colors or shapes at baby's eye level.
3. Make a mobile with colorful, musical, or reflective objects. Make sure they are well attached, larger than 2" in diameter, and out of reach. Be sure to take the mobile down when baby can sit up and possibly reach it.
4. Provide safe household objects with different shapes and textures that she can hold onto.

Developmental Delays

By the end of 1 month, your baby should:

- ✿ Respond to sounds

By the end of 3 months, your baby should:

- ✿ Track objects
- ✿ Coo/gurgle
- ✿ Smile
- ✿ Support head well

By the end of 6 months, your baby should:

- ✿ Hold head up
- ✿ Smile socially
- ✿ Show an interest in caregiver
- ✿ Bring objects to mouth
- ✿ Roll over from front to back
- ✿ No longer have very stiff or floppy muscle tone

Milestone Handout: 7 to 12 Months

Next to each milestone, write the date your baby reached it:

- _____ Sitting up
- _____ Banging
- _____ Rolling over from back to front
- _____ Babbling
- _____ Passing objects
- _____ Pushing up on hands and knees
- _____ Anxiousness with strangers
- _____ Consonant sounds
- _____ Crawling
- _____ Imitating actions
- _____ Self-feeding
- _____ Figuring things out
- _____ Crawling up stairs
- _____ Pincer grasp
- _____ Waving
- _____ Clapping hands
- _____ Climb
- _____ Pull up to standing
- _____ Cruising furniture
- _____ First word
- _____ Standing
- _____ First step
- _____ Putting together, taking apart
- _____ Understanding simple words

Activities for Babies 7 to 12 Months

1. Talk and sing to your baby about what you are doing every day. Respond to his or her sounds.
2. Read books about everyday objects, people, and places with simple words and pictures.
3. Provide open and safe spaces in which your baby can explore and play.
4. Play lap games, finger games (Where Is Thumbkin?), and other games (Where's the Toy?).
5. Provide interesting and safe household objects larger than 2" in diameter to bang, shake, and open and close.
6. Make music together.
7. Roll a ball together, take a walk, go to stores or the library.
8. Play Peek-a-Boo.

Free or Inexpensive Toys for This Age

1. You!
2. Cardboard boxes, paper oatmeal containers, soft balls, pots and pans, non-pointy spoons.
3. Drum (a plastic bowl) and a shaker (rice in a film canister).
4. Sock puppet (draw a face on a white sock with markers).

Developmental Delays

By the end of 9 months, your baby should:

- ✿ Show an interest in caregiver, Peek-a-Boo, or toys
- ✿ Babble
- ✿ Bear weight on legs
- ✿ Follow objects with both eyes
- ✿ Reach for objects

By the end of 12 months, your baby should:

- ✿ Crawl
- ✿ Use both sides of his body
- ✿ Stand with support
- ✿ Say a word
- ✿ Use gestures (wave, shake head "no")
- ✿ Show an interest in you and toys

Safety Checklist

Safety Checklist

- ✿ Childproof your home:
 - Consult a childproofing book
 - Get down at your baby's level and remove anything within reach that could harm him
 - Block off stairs and other dangerous areas
 - Put away and lock any dangerous items
 - Attach something soft to any sharp corners of furniture or other household objects that baby might fall onto
 - Install cabinet locks
 - Block access to objects smaller than two inches in diameter
- ✿ Never leave your baby alone, even for a second
- ✿ If you can't watch her, briefly place her in a safe place such as a crib, but never a carseat

- ✿ No unsupervised play near water – your child could drown in as little as two inches of water
- ✿ Keep play area safe at all times

Toy Safety Checklist

- ✿ No sharp or pointed objects
- ✿ No unfinished metal toys
- ✿ No toys that contain lead or lead-based paint, such as antiques
- ✿ No toys with strings longer than 7 inches
- ✿ No toys stuffed with pellets or small beads
- ✿ No plastic toys that could splinter or break into sharp pieces
- ✿ No heavy toys that could fall on child
- ✿ No toys with uncovered springs or hinges
- ✿ No toys that make loud noises
- ✿ No deflated balloons that child could choke on

List of Resources

LOCAL RESOURCES

Look up the following listings in the blue government pages of your local phone book for your county and state:

- Hospital parenting classes
- Public health department agencies like social services, Head Start, Early Head Start
 - Family resource centers
- (800) Health information and referral lines

NATIONAL RESOURCES

www.nichd.nih.gov

National Institute of Child Health and Human Development

www.zerotothree.org

National Center for Infants, Toddlers and Families

www.babycenter.com

Website about infant-related topics

www.preventchildabuse.org

How to recognize and prevent child abuse



800-326-2082
7107 La Vista Place
Longmont, CO 80503
injoyvideos.com