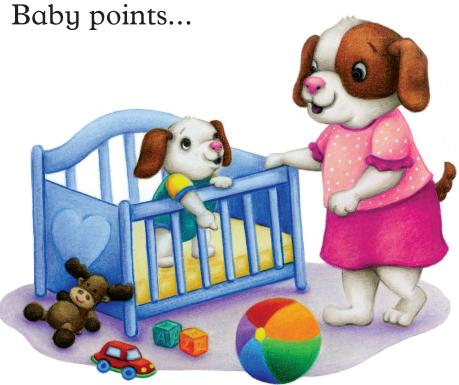
# Baby's Busy Day

Being one is So Much Fun!



Parents, look for the \*\* to learn what to expect from your baby by age 1.

Baby wakes.
Pulls up tall.
Baby points





Begins to point to show someone what he wants

#### **POINT IT OUT (#709)**

When your child points to something, you can say its name and something about it: "Do you see a ball? What colors are on this ball? Do you think it rolls?" Then you take a turn to point to something. Do they look at it? Do they point to or name the object? Encourage them to respond.



### Bouncy ball!



#### **BRAINY BACKGROUND**

When you help your child make connections between their interesting experiences and the words that describe them, they're developing an understanding of how things fit together. This foundation will help them with skills like reading and writing in the future.



## Baby helps put on clothes. Reach and stretch.





Begins to put out arm or leg to help with dressing

#### **HEY ARM (#475)**

As you get your child dressed, talk to parts of their body in a fun voice. For example, "Hey arm, it's time to get in the sleeve. Foot, here is your sock." You can watch what they do and respond. When they're able, they will lift their foot or stretch out their arm to help you!



### Where's your nose?

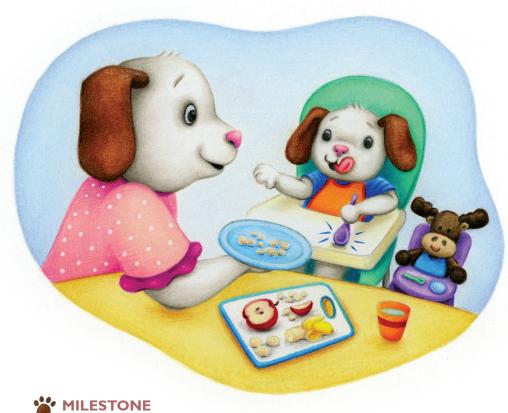


#### **BRAINY BACKGROUND**

When your child hears you talk about what you're doing in new and fun ways, it helps them become curious and engaged in learning. When you respond to what they do with their body, you're having a back and forth conversation with and without words. Sharing a moment is always learning.



# Baby bangs spoon on tray.



Repeats sounds or actions to get attention

#### **BACK AND FORTH BEATS (#601)**

Does your child clap their hands or bang objects on top of the table at mealtime? When they clap or tap, copy their rhythm. Then add on to it. What do they do? Have a back and forth "conversation" with the beats.



# Ready set for the day.



#### **BRAINY BACKGROUND**

When you go back and forth with beats, you're helping your child begin to understand how to communicate with others. You're also supporting their life skills such as memory, focus, and self-control.



## Baby hugs. Blows a kiss.





Uses simple gestures like waving or lifting arms to be picked up

#### SEE YOU LATER (#119)

Before you leave or drop your child off somewhere, share a favorite, fun or special "See you later" saying. Create a new goodbye ritual. Tell them that after it's finished, it will be time for you to leave. Reassure them you will see them later.



## Bye bye Baby. Bye bye Sis.



#### **BRAINY BACKGROUND**

Transitions can be difficult for toddlers. When you create a goodbye tradition with a "See you later" saying or other ritual, you give them some control, which helps them feel safe.



## Baby gives Moose some lunch.





Begins to show interest in a doll or stuffed animal

#### **MEALTIME TEXTURES (#568)**

What are all of the words you can use to describe the food your child is eating? Is the banana mushy, squishy, or slippery? Are the eggs warm, crumbly, and soft? Point as you say the words and watch them respond and reply back to them.



## Have a bite. Crunch, crunch!

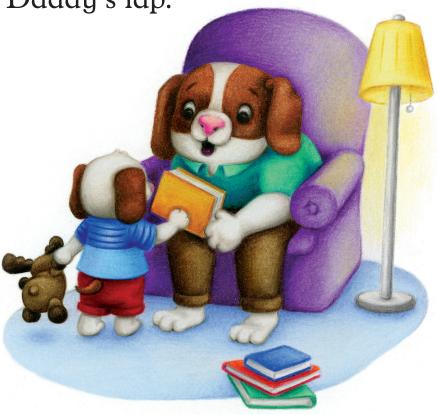


#### **BRAINY BACKGROUND**

When your child hears and sees new ways to describe their food, they're learning new words. They are learning to think carefully about their world. This will help them communicate more effectively.



Baby climbs in Daddy's lap.





Pulls up to a stand and gets to a sitting position

#### **READ TO ME (#848)**

Share a picture in a book, magazine, or news article with your child. Be sure to point at what you're looking at and chat about it. For example, "Look at the blue shirt the lady is wearing—I have one too!" Or, "This is a picture of diapers, like the ones you wear." Let them pick the next picture and talk about what you see together.

Read a book, time for nap.



#### **BRAINY BACKGROUND**

Around age one or later, babies start to understand that pictures represent real things. As you connect pictures and real things—especially things they know—you help them understand symbols. These chats are a critical step in learning to read later.



## Baby claps. Hip! Hooray! Sis is home.



## Let's go play!



#### HELLO, GOODBYE! (#923)

Saying hello and goodbye are exciting milestones for your child. Find different times in the day to practice. You can have them ring the doorbell, or help you open and close the door to your home. Say "hi" and "bye" as you do it. Talk about where family members go and when they will come back.

#### **BRAINY BACKGROUND**

By involving your child in your daily routine, you're helping them understand what happens in their world. At this age, they're still learning people go away and come back. Being a part of these moments helps them feel safe, secure, and builds their trust.



## Baby tries talking too!





Makes different sounds like "mamama" and "bababa"

#### **MULTIPLYING WORDS (#63)**

When your child starts to say words or make sounds that could be words, connect them to more words. If they say "nose," you can say, "There's your nose and there's mine." If they say "moo," you can say, "The cow goes moo." Later you can ask, "What sound do cows make?"



## Horse says "Neigh!" Cow says "Moo!"



#### **BRAINY BACKGROUND**

Children learn to speak by hearing you connect the sounds they make with words. And they learn more words when you add your words to theirs. In this way their brains become more efficient and faster at processing sounds—the building blocks of speech.



Baby's snug. Tucked in tight.



**MILESTONE** 

Calls parent "mama" or "dada" or another special name

#### **STORY SNUGGLE (#329)**

Your child loves snuggling and hearing your voice. Get close and cuddle with them while sharing a story or song. Use a calm, quiet, and soothing voice to help them fall asleep quickly. This can become a nightly routine that lets them know it is time for bed.



## Nighty-night.



#### **BRAINY BACKGROUND**

Creating a trusting relationship, with feelings of closeness and security, sets up an environment for learning. Talk back-and-forth and share words and sounds with them in stories and songs. When you do, you help them become lifelong learners.



## Being one is So Much fun!

#### Developmental milestones are things most children can do by a certain age.

They offer important clues about your child's developmental health. In this story, the puppy shows just a few of the milestones to look for by your baby's first birthday. There are many more!

### Is your baby's development on track?

Find out by downloading CDC's free Milestone Tracker app or visiting cdc.gov/Milestones for a checklist of all your baby's important milestones.



### If your baby is not meeting milestones or you have other concerns, act early!

If your child is missing milestones or you are concerned about your child's development, talk with your child's doctor, teacher, or other providers and ask about developmental screening.

#### Don't wait. Acting early can make a real difference!

Visit cdc.gov/Concerned for more information on how to support your child or call 1-800-CDC-INFO (1-800-232-4636); agents speak English and Spanish.





























### 

We've made the science of early learning simple! Remember these 5 easy ways to help build your child's brain anytime.



#### Look

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!



#### Chat



Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!

#### **Follow**

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements, and ideas! Then respond with your own words and actions.



#### **Take Turns**

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!



#### **Stretch**

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how, or why!



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## Nurture your child's growing mind anytime, anywhere.

## The time you spend together can help their brain grow strong. Even a few minutes count!

Your child learns best from what you say and do, so read everything you can out loud. Read signs outside, recipes, or ads in a paper or magazine. Be sure to point at what you're reading too. Introducing your child to different things to read helps them make the earliest connections between written words and what they stand for.

## For more Vroom Brain Building Moments® like these, download the free Vroom app by scanning the QR code below.

Parent Possible, the State Anchor for Vroom in Colorado, collects location and other data via QR code.

For more information visit parentpossible.org/privacy.







## Being one is So Much fun!

This book will show you what to look for and celebrate as your baby grows and develops.



#### Parents:

Look for the \* to learn important developmental milestones.

cdc.gov/AmazingBooks











