

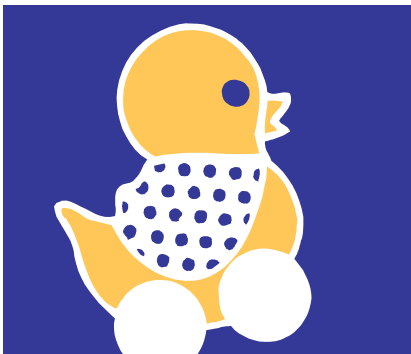


la-la-la-la
ba-ba-ba



Infant Boys & Girls

20 Common Skills of Children During Their 1st Year



Young children are always learning.

They grow and develop at different rates, have different interests, and different experiences. This guide presents some of the skills most children are learning during their 1st year.

During the 1st year, a child ...

From birth to 1 month, a child...

1. Begins to learn about his/her world

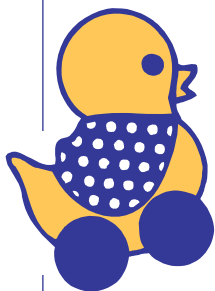
- knows dad's face and mom's voice
- really looks at the faces of everyone new
- cries when it's time to eat to get mom's attention



During 2-4 months, a child...

2. Starts to enjoy being with others

- smiles when mom or friends smile at her
- enjoys when Grandma rocks him and sings a song
- watches brothers and sisters as they move around the room
- likes when Uncle Joe helps him clap his hands together



3. During 4-6 months, a child...

Begins to have some control of his/her actions

- sits up with some support and begins to roll over
- holds a toy or a bottle alone
- uses his voice to laugh and make sounds
- watches people in the store or in the back yard
- puts everything he touches in his mouth

4. During 6-9 months, a child...

Likes to hear familiar rhymes and songs

- enjoys listening to mom sing songs while they are in the car
- smiles when dad repeats nursery rhymes while holding her
- likes hearing the music from the wind-up toy



5. Wants to be talked to by others

- likes dad to hold a book, point and name pictures
- shows excitement when brothers and sisters talk to her
- enjoys Grandmother holding him and talking about “When you grow up ...”
- recognizes his/her name when it is called

6. Begins to use hands and mouth to explore objects

- can pick up a toy with the right hand and move the toy to the left hand
- moves a toy from hand to hand to feel its shape
- puts the toy in his mouth to taste it and feel if it is hard or soft



7. Responds well to others

- knows whose voice he hears as family is entering the room
- enjoys playing peek-a-boo
- opens her mouth for food, and turns her head when she does not want more food

8. Likes to tear and crush paper

- enjoys hearing the sound of paper being crinkled
- likes to tear paper and throw the pieces around

9. Gains physical strength

- rolls over to stomach or back
- begins to crawl and turn around to sit up
- can hold onto a chair and begin to stand up



la-la-la-la

ba-ba-ba

10. Starts to talk in single sounds

- enjoys saying one sound over and over again (ba-ba-ba-ba, la-la-la-la)
- uses her voice to make louder, softer, faster, or slower sounds
- uses his voice differently to cry in anger or cry when hurt

11. Knows how to ask for things

- points to a bottle and makes sounds to tell mom to get the bottle
- gives Grandfather a book and shows that he should read it, and often, wants him to read it again



During 9-12 months, a child ...

12. Begins to be able to use thumb with fingers to pick up and hold objects

- can pick up dry cereal and small pieces of fruit
- can turn the pages of a book that has thick cardboard pages
- pulls off socks or hat

13. Knows how to search for objects hidden from view

- looks under the blanket for the bottle
- can go and look for a favorite toy
- knows which cupboard has the cereal box

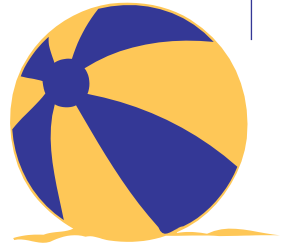


14. Starts to have better control of hand movements

- can put large pegs into holes of the toy workbench
- can put plastic rings onto the post
- takes toys out of the toy box and sometimes puts them back

15. Gets objects and takes them to someone older

- gets a book and takes it to dad to read
- finds the ball and takes it to sister to roll it back and forth



16. Enjoys a game of pointing to things

- likes mom to point to her “nose”, say “nose” and ask him to point to his “nose”
- throws keys from the high chair to the floor and points for someone to pick them up
- shows dad what food she wants

17. Becomes attached to familiar people and objects

- gets worried when mom leaves the house
- gets mad when someone takes her favorite toy and does not give it back
- cries when he is left with a stranger

18. Learns to do some simple things when asked

- can wave goodbye
- can give Grandma a kiss
- can give the toy back to sister



19. Enjoys having fun

- listens to and “dances” to music
- smiles while clapping hands and shaking her head
- laughs while pulling the pots out of the kitchen cabinets

20. Gets ready to walk

- crawls far and fast
- walks around the room holding onto furniture
- walks while holding onto mom’s hands

Use this guide to help.

Remember that some children will be able to do all of these things and more. Other children may be able to do many of the things listed but not be able to do others. Use this guide to help you observe your child during this first year. If you have questions about your child, speak to your pediatrician or preschool teacher.

During the 1st year, a child ...

1. Begins to learn about his/her world
2. Starts to enjoy being with others
3. Begins to have some control of his/her actions
4. Likes to hear familiar rhymes and songs
5. Wants to be talked to by others
6. Begins to use hands and mouth to explore objects
7. Responds well to others
8. Likes to tear and crush paper
9. Gains physical strength
10. Starts to talk in single sounds
11. Knows how to ask for things
12. Begins to be able to use thumb with fingers to pick up and hold objects
13. Knows how to search for objects hidden from view
14. Starts to have better control of hand movements
15. Gets objects and takes them to someone older
16. Enjoys a game of pointing to things
17. Becomes attached to familiar people and objects
18. Learns to do some simple things when asked
19. Enjoys having fun
20. Gets ready to walk

EPI-center prepared this document for use by families and caregivers of children

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