

INFANT LOG & BIO-PSYCO-SOCIAL

MONTHLY GUIDE BOOK



A Month by Month to Your Child's First Year Behaviors and Capabilities

What they Eat, How Much they Sleep, What can they Do, See, Understand, Say, and Feel

LCSW, MSW, ACC

DEVELOPMENT DEFINITIONS

What are those doctors and parenting experts saying?

Gross Motor Skills - Moving big muscles and big muscle groups like the arms, legs and head.

FOR EXAMPLE

- Bobby has great gross motor skills as he can lift his head.
- Shelly's gross motor skills are progressing and she can now sit up.
- In sum, Gross Motor = Movements with Big Muscles

Fine Motor Skills - Moving small muscles like the fingers and toes, as well as the skills requiring hand-eye coordination.

FOR EXAMPLE

- Barbara's fine motor skills are terrific. She can look at the Cheerios and pick them up one by one.
- John is ready to be potty trained. He has the fine motor ability to unbuckle the buttons and buckles on his pants and belt
- In sum, Fine Motor = Movements with Small Muscles

Oral Motor Skills - Use of the muscles in the mouth and tongue.

FOR EXAMPLE

- Presley is 3 month preemie, but she has the oral motor skills of a healthy 2 month old. She can suck on a pacifier and bottle beautifully
- Although Sammy's fine motor skills are not developed enough to pick up the Cheerios, his oral motor skills are developed so he can chew them safely.

Cognitive (Intellectual) Skills - Children's abilities for thinking, understanding, problem-solving, perception and memory.

FOR EXAMPLE

- David's cognitive ability to remember is amazing. You were here 2 months ago and he remembered the dog's name. He "remembers" the routine of bath and then bed
- Although only 2, Braydin was able to follow 4 directions in a row that included "Pick up your toy, bring it into your bedroom, place it on the bookshelf and then bring me back another book."
- Jenny was able to comprehend the children were different ages by their size. She said "Mary is the big sister, Sarah is little sister."

Social Skills - How children interact and respond to other people.

FOR EXAMPLE

- Cory has very confident social abilities. She is able to walk right into the music class and join the children.
- Mark has a bit of social anxiety. He is gets nervous around new children and is unable to stay in the room without a parent.

Emotional Skills - The child understanding his/her own feelings about themselves and others while learning about what part he/she plays in the world.

FOR EXAMPLE

- Emotionally Shelly is very aware. She was able to say "I feel sad, Mommy. Johnny took my ball."
- Bobby understood the emotional consequences of his actions. He said "I hit my brother. I will go into time out now."

Auditory Skills - The skill set child uses to hear.

FOR EXAMPLE

- James auditory test at the doctor was perfect.
- It seems Ben's auditory skills have progressed. Now he responds to his name.

Receptive Language Skills - The words that child understands.

FOR EXAMPLE

Although Tommy can say no words, his receptive language is perfect. I can tell him "Go get an object" and the exact shape and color. He knows exactly what I am saying

Expressive Language Skills - The words the child can say.

FOR EXAMPLE

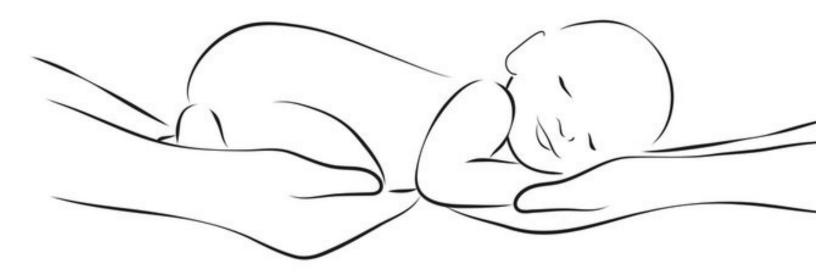
Lizzie's expressive language is excellent as she can clearly state what she wants.

Vision Skills - The skill set that allows children to see.

FOR EXAMPLE

At first, children only see black and white and then their vision skills improve to include colors.

BEHAVIORS by 1 Month



What does a 1 month old eat?

- Breast milk or formula exclusively
- 3 to 6 oz of formula per feeding (approx. 20 30 oz formula per day)
- 5 6 formula feedings per day
- Breastfeeding: 8 10 feedings per day (at least 10 15 minutes per breast)
- "Growth spurts" commonly occur around 2 weeks of age during these times, child may want to nurse or drink more often.

How has a 1 month old grown?

- Has gained approximately 32 oz since birth
- Has grown about 3 cm in length since birth

How much does a 1 month old sleep?

- On average, 8 ½ hours of nighttime sleep
- On average, 3 naps a day for a total of 7 hours of daytime sleep
- For a total of approximately 15 ½ hours of sleep within a 24 hour time period

What can a 1 month old do?

- Kicks arms and legs in the air and tries to turn on side when on back
- Can raise head a couple of inches briefly when laying facedown
- Moves head from side to side when on stomach
- Moves arms and legs equally
- Most activity is reflexes and will be jerky
- Has strong grip when something is placed in palm
- Will keep hands closed tightly most of the time

What can a 1 month old see?

- Can make out light, shapes and movements
- Can notice the difference between light and dark
- Vision is blurry and fuzzy
- Stares at hands and fingers
- Tracks movement with eyes
- Focuses on objects at distance of approximately 8 to 15 inches from face
- Focuses on the human face
- Is sensitive to the brightness and intensity of color

What can a 1 month old hear?

- Watches person when spoken to
- Recognize and turn toward familiar sounds and voices
- Watch alertly when fed and talked to

What can a 1 month old say?

- Will use crying to express emotions
- Will use crying to express needs
- Stops crying when picked up and talked to
- Makes sounds when happy

How does a 1 month old feel?

- Bonding begins
- Starts to smile, although not deliberately
- Conveys mood by agitated arm and leg movements as well as facial expressions
- Responds positively to soothing words

How can a 1month old be kept safe?

- Should always be within reach and eyesight (except when napping)
- Must sleep on his/her back to prevent SIDS
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller

- Use rear-facing infant car seat
- Securely strap child into car seat, stroller or swing
- Hand on child while on a high surface, like changing table, bed or couch
- Straps on diaper changing table must be used
- Child carrier should never be on a raised surface, like a table or countertop
- No shaking or jiggling child
- Electric cords, telephone cords or window blind cords should be out of reach of child

What psychological stage is a 1 month old in?

- Erickson's Psychosocial Theory
 - Stage 1 Hope: Trust vs. Mistrust
 - If a child's needs (food, diaper changes, holding) are met, then the child develops a sense of trust
 - If a child's needs are not met (not fed, not change, not held), then the child develops a sense of mistrust and fear

Freud's Psychosexual Theory:

- Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)

Piaget's Cognitive Theory:

- Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Reflexes Simple reflex activity (like grasping, sucking and looking) are being used to understand the child's environment

Kohlberg's Moral Theory:

- Level 1 Preconventional/Premoral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her
 - For example, child cries in the middle of the night because he/she is hungry without thinking about the parents being asleep.

BEHAVIORS by 2 Months

What does a 2 month old eat?

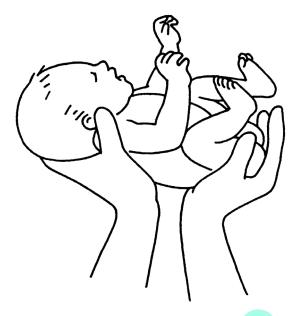
- Breast milk or formula exclusively
- 5 to 6 oz of formula per feeding (approx. 28 34 oz formula per day)
- 5 6 formula feedings per day
- Breastfeeding: 6 10 feedings per day (at least 10 15 minutes per breast)
- Instinctively knows how much to eat to grow
- "Growth spurts" commonly occur around 6 weeks of age during these times, child may want to nurse or drink more often.

How has a 2 month old grown?

- Has gained approximately 25 32 oz since last month
- Has grown about 3 cm in length since last month

How much does a 2 month old sleep?

- On average, 9 hours of nighttime sleep
- On average, 3 naps a day for a total of 6 hours of daytime sleep
- For a total of approximately 15 hours of sleep within a 24 hour time period



What can a 2 month old do?

- Limited control over arms and legs when laying on the back
- Can hold head up for a couple of seconds when laying facedown
- Shows better control of head and neck
- Is better able to support weight of head when carried
- Begins to play with fingers
- Hands are mostly open with fingers becoming more flexible
- Opens and closes hands
- Can hold a small object for a few moments

What can a 2 month old see?

- Recognize parents' faces
- Watches an object that moves slowly across the line of vision
- Tries but cannot reach accurately for a small toy
- Begins to amuse him/herself when left alone by looking around

What can a 2 month old hear?

- Moves eyes to look for source of noise
- Watches gestures and body language of those talking
- Likes listening to music and is comforted by background sounds

What can a 2 month old say?

- Uses crying to express something (like a need or an emotion)
- Begins to coo and repeat a string of the same sounds

- Uses a couple of identifiable but meaningless sounds
- Is encouraged to repeat sounds when people smile and talk

How does a 2 month old feel?

- Will begin to learn to trust adults for care if comforted when crying
- Clearly distinguishes between people, voices, tastes
- Enjoys attention from parents and others
- Smiles at familiar person talking or to the parents' smile
- Shows pleasure at recognizing parents by smiling, punching arms in the air or kicking with legs
- Becomes excited in anticipation

How can a 2 month old be kept safe?

- Should always be within reach and eyesight (except when napping)
- Must sleep on his/her back to prevent SIDS
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller
- Use rear-facing infant car seat
- Securely strap child into car seat, stroller or swing
- Hand on child while on a high surface, like changing table, bed or couch

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- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Primary Circular Reactions A child coordinates sensations with behaviors in understanding the environment around
- Kohlberg's Moral Theory:
 - Level 1 Preconventional/Premoral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 3 Months



What does a 3 month old eat?

- Breast milk or formula exclusively
- 6 to 7 oz of formula per feeding (approx. 28 36 oz formula per day)
- 5 formula feedings per day
- Breastfeeding: 5 8 feedings per day (at least 10 15 minutes per breast)
- "Growth spurts" commonly occur around 3 months of age during these times, children may want to nurse or drink more often.

How has a 3 month old grown?

- Is likely to have gained about 7 oz per week from birth weight (except for first week)
- Has grown about 3 cm in length since last month

How much does a 3 month old sleep?

- On average, 10 hours of nighttime sleep
- On average, 3 naps a day for a total of 5 hours of daytime sleep
- For a total of approximately 15 hours of sleep within a 24 hour time period

What can a 3 month old do?

- Usually lies straight with back of head on mattress and all limbs free
- Usually raises upper chest on forearms, with legs straight out behind when laying facedown
- Held sitting, supports own head and upper back, sagging only from the hips
- While being carried, supports own head unless mother bends down or moves very suddenly
- Will now wave arms and legs smoothly, rhythmically and almost constantly when awake
- Will be able to roll from side onto back, then will learn to roll from back to side
- Hands will now be open most of the time when awake
- Will grasp an object put into his hands
- Will put fingers or objects in the mouth

What can a 3 month old see?

- Can now focus on objects as close as 3 inches and as far as 20 inches
- Distance vision is improved
- Likes to look at brightly colored toys as sharp contrasts are easier to see
- Looks at something whenever is awake
- Swivels head and eyes to follow object
- Has "found" hands with eyes and spends time looking at them while they move
- If shown an object within range, will swipe at it and often hit it
- May raise hand toward an object, glancing from hand to object to hand

What can a 3 month old hear?

- Will turn head at the sound of parent's voice
- Will respond to comforting tones
- Likes to listen to music
- May stop activity and pay attention to a voice

What can a 3 month old say?

- Probably no frequent, "purposeless" crying as causes of crying are usually clear and comprehensible
- Child will "talk back" when he is talked to
- Practices sounds when alone often in the early morning
- Makes cooing sounds and vowel sounds (like "oh" and "ah")

How does a 3 month old feel?

- Will enjoy being gently rocked, swung, held sitting or standing
- Smiles readily at a smiling face, even if it is not talking
- While smiling strangers still get a smiling response, familiar adults who look strange
 with a new hairdo, sunglasses or hats may get an adverse reaction
- When extremely pleased, the child tends to put all his new abilities together he smiles, burbles, kicks and waves simultaneously

How can a 3 month old be kept safe?

- Should always be within reach and eyesight (except when napping)
- Must sleep on his/her back to prevent SIDS
- Keep pillows, stuffed animals and fluffy blankets out of the crib

- Do not leave the child alone in the house for even one minute.
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller.
- Use rear-facing infant car seat
- Securely strap child into car seat, stroller or swing
- Hand on child while on a high surface, like changing table, bed or couch
- Straps on diaper changing table must be used
- Child carrier should never be on a raised surface, like a table or countertop
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What psychological stage is a 3 month old in?

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- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Primary Circular Reactions A child coordinates sensations with behaviors in understanding the environment around
- Kohlberg's Moral Theory:
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BEHAVIORS by 4 Months

What does a 4 month old eat?

- 6 to 8 oz of formula per feeding (approx. 28 40 oz formula per day)
- 4 5 formula feedings per day
- Breastfeeding: 5 7 feedings per day (at least 10 15 minutes per breast)
- Families with a history of food allergies are NOT required to start solid foods until 6 months of age. Talk to your doctor before introducing solid foods to your child.
- 1 2 servings of child cereal (1 serving = 1 2 Tbsp dry)
- 1 2 servings of fruit (1 serving = 1 2 Tbsp)
- 1 2 servings of vegetables (1 serving = 1 2 Tbsp)

How has a 4 month old grown?

- Has gained approximately 21 oz since last month
- Has grown about 2 cm in length since last month

How much does a 4 month old sleep?

- On average, 10 hours of nighttime sleep
- On average, 2 naps day for a total of 5 hours of daytime sleep
- For a total of approximately 15 hours of sleep within a 24 hour time period
- Can be alert for up to an hour at a time

What can a 4 month old do?

- Sits in an upright position with support
- Pushes up on arms when on stomach
- Can hold up head and chest while using elbows for support
- May start to roll over from front to back and vice versa
- Can hold head steady while being pulled into a sitting position
- Turns from left side to right and vice versa without help
- Can turn and move head in all directions
- Grabs at objects and gets them
- Is able to bring thumbs and small objects to the mouth
- Waves small toys in hand

What can a 4 month old see?

- Responds to a full range of color
- Able to follow faster movements with eye
- Stares at the place from which an object has dropped
- Can focus on near and distant objects as well as an adult can
- Peers at own reflection in a mirror
- Looks curiously at objects

What can a 4 month old hear?

- Turns head to locate sounds.
- Listens keenly to distinct noises
- Moves or reacts when someone speaks or in response to a noise
- Startles when there is a loud noise
- Reacts well to gentle voices and rhythmic talking

What can a 4 month old say?

- Crying is an expression of a need (may cry to show anger when a toy is taken away)
- Babbles regularly, using rhythms and inflections
- Makes vocalizations to attract attention
- Will coo, grin or make squealing sounds when talked to

How does a 4 month old feel?

- Laughs out loud when feeling happy or being tickled
- Enjoys playing
- Starts to express dislikes by turning away from unwelcome things
- Uses facial expressions to keep other's attentions
- Has a variety of facial expressions to show feelings
- Shows interest in bottle, breast, familiar toy or new surroundings
- Shows pleasure through excited movement and delighted facial expressions
- Has learned that cues will bring an expected response (for example: when he cries, he will get fed)
- Will like some people and may be shy or scared of others

How can a 4 month old be kept safe?

- Should always be within reach and eyesight (except when napping)
- Must sleep on his/her back to prevent SIDS
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller
- Use rear-facing infant car seat
- Securely strap child into car seat, stroller or swing
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- Piaget's Cognitive Theory:
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 - Primary Circular Reactions A child coordinates sensations with behaviors in understanding the environment around
- Kohlberg's Moral Theory:
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BEHAVIORS by 5 Months

What does a 5 month old eat?

- Weaning begins with the introduction of solid foods
- 7 to 8 oz of formula per feeding (approx. 28 40 oz formula per day)
- 4 5 formula feedings per day
- Breastfeeding: 5 7 feedings per day (at least 10 15 minutes per breast)
- 1 2 servings of child cereal (1 serving = 1 2 Tbsp dry)
- 1 2 servings of fruit (1 serving = 1 2 Tbsp)
- 1 2 servings of vegetables (1 serving = 1 2 Tbsp)



- ▼ Has gained approximately 21 oz since last month
- Has grown about 2 cm in length since last month

How much does a 5 month old sleep?

- On average, 10 hours of nighttime sleep
- On average, 2 naps a day for a total of 5 hours of daytime sleep
- For a total of approximately 15 hours of sleep within a 24 hour time period



What can a 5 month old do?

- Can keep legs in the air and kick about freely when laying on back
- Begins to roll over in one or the other direction
- Holds head up confidently when supported in an upright position
- May move short distances by rocking on stomach, kicking legs and "swimming" with arms
- Pushes feet firmly again surfaces, like the bottom of the crib
- Transfers objects from one hand to the other
- Grabs toes and pulls them toward mouth
- Can hold a small toy
- Has a firm grip and doesn't like to let go

What can a 5 month old see?

- Looks for fallen objects
- Able to pay attention to very small objects
- Moves head and eyes when notices activity
- Will watch as someone moves around the room
- Focuses well but prefers to look at objects within 3 feet
- Lifts head towards a nearby object and reaches for it more accurately
- Will handle any object that is close enough to grab
- Will drop one object when another attracts attention
- Shows interest in new surroundings

What can a 5 month old hear?

- Listens intently and can hear almost as well as an adult
- Detects a sound source accurately by turning towards it
- Begins to respond to the word "no"
- Responsive to change in tone of voice and to sounds other than speech
- Begins to recognize his/her name

What can a 5 month old say?

- Cries if parents are out of sight
- Cries to express a need or an emotion (like anger when a toy is removed)
- Blows "raspberries" (spit bubbles)
- Makes an increased range of sounds with consonants such as "w," "m," "b"
- Uses three or four babbling sounds at random, combining vowels and consonants such as "ee," "ah," "ooh," "da," "pa," "ma," or "ba"
- Tries to imitate sounds that are heard
- Vocalizes when talked to and may babble during gaps in speaking
- Babbles to his/her self, toys and other people to get attention

How does a 5 month old feel?

- Reaches for parents and is very affectionate and excited
- Begins to understand cause and effect
- Starts to understand simple games likes "peek-a-boo"
- Can be shy when in company of strangers and may begin to cry
- Smiles at own image in mirror as can recognize his/herself

- Starts to understand simple games
- Spends more time examining objects
- Is happy to play and interact with others
- Starting to become more aware of his/her emotions like fear and disgust
- May form an attachment to a cuddly toy or other comfortable object and like to have it close when sleeping

How can a 5 month old be kept safe?

- Should always be within reach and eyesight (except when napping)
- Must sleep on his/her back to prevent SIDS
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller
- Use rear-facing infant car seat
- Securely strap child into car seat, stroller or swing
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What psychological stage is a 5 month old in?

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 - If a child's needs are not met, then the child develops a sense of mistrust and fear
- Freud's Psychosexual Theory:
 - Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)
- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Secondary Circular Reactions A child begins to intentionally repeat an action to reproduce a response to understand the environment around
- Kohlberg's Moral Theory:
 - Level 1 Preconventional/Premoral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 6 Months

What does a 6 month old eat?

- 6 to 8 oz of formula per feeding (approx. 28 38 oz formula per day)
- 5 6 formula feedings per day
- Breastfeeding: 5 6 feedings per day (at least 10 15 minutes per breast)
- 1 2 servings child cereal
- 1 2 servings fruit
- 1 2 servings vegetables
- May be taking some milk from a cup
- Solid food given in high chair or child chair rather than on parent's lap
- Wishes to hold spoon, even though it will be inaccurate
- Likes to pick up and self-feed pieces of food

How has a 6 month old grown?

- Gains very roughly 5 oz per week from 3 6 months
- Consistent gain is far more important than high gain
- May gain extremely rapidly following illness

How much does a 6 month old sleep?

- On average, 11 hours of nighttime sleep
- On average, 2 naps a day for a total of 3 hours of daytime sleep
- For a total of approximately 14 hours of sleep within a 24 hour time period



What can a 6 month old do?

- Rolls from stomach on to back, followed by being able to roll from back to stomach
- Uses all four limbs in a rhythmic smooth kicking
- Lying on stomach, alternates heads-up position, with chest lifted by forearms or hands, with bottom-up position with legs bent under him
- May momentarily manage to keep both head and bottom up, ending up in crawling position
- May do some slithering and/or rolling on the floor
- While lying on back, can pulls into sitting position using adult's hands
- Can sit with minimal support to lower back
- May sit alone, leaning forward to use own hands for support
- Tries to pull up to standing when on adult's lap
- Typically "bounces" while standing on adult's lap by alternately straightening and relaxing knees
- Has "found" feet, which are handled and put in mouth
- Reaches swiftly and accurately for objects, usually using two-handed approach
- Objects usually picked up using palmar grasp
- Cannot yet take small objects between finger and thumb
- Drops first object if given another
- Cannot voluntarily let go of objects
- Objects are always explored by mouth as well as by hand

What can a 6 month old see?

- Eye sight has improved and is sharp
- Can see very small objects
- Likes to look at things and study them for a long time

What can a 6 month old hear?

- Turns head and body toward source of sound and when hears name
- Fascinated by toys that make noise and by using objects to make noises
- Interested and curious about new sounds
- Beginning to understand some words by the tone of voice used
- May coo, hum or stop crying when hears music

What can a 6 month old say?

- Crying is no longer a normal part of the infant's day as it still was at 3 months.
- Night crying may be due to nightmares
- Daytime crying often due to boredom or loneliness
- Clear pattern of answering with sound when someone talks to him
- May begin to say "mama" or "dada" although has not yet learned to connection between the sound and the person
- Babble now contains distinct consonants and may begin to be intonated
- Has more control of sounds when babbling
- Talks most either when being talked to, or when happily alone, often when waking in the morning
- May "complain" when doesn't get his/her way
- Will giggle and coo when happy

How does a 6 month old feel?

- Prefers people to any other objects and his mother to any other person
- Smiles often, laughs and responds to talk with talk
- Often tries to instigate social interaction by smiling or talking or waving
- May object when left alone and likes to be busy all the time
- Anticipates normal happenings, "greets" parent and expresses excitement at meals or outing preparations
- Likes to play simple games
- May get upset when around adult strangers, but will be friendly to children
- Has strong likes and dislikes about food

How can a 6 month old be kept safe?

- Should always be within reach and eyesight (except when napping)
- Must sleep on his/her back to prevent SIDS
- Keep pillows, stuffed animals and fluffy blankets out of the crib
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 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)
- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Secondary Circular Reactions A child begins to intentionally repeat an action to reproduce a response to understand the environment around. For example, a child begins to drop his pacifier on the ground over and over again in order to hear the people around him giggle.
- Kohlberg's Moral Theory:
 - Level 1 Preconventional/Premoral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 7 Months

What does a 7 month old eat?

- 5 6 nursing sessions per day
- 28 32 oz formula or combination
- 💙 1 2 servings child cereal
- 1 2 servings fruit
- 1 2 servings vegetables
- 1 serving dairy
- Usually 2 small meals a day between breast or formula feedings
- Can feed his/herself a finger food such as bread or a cracker (small, small, small bites only the less teeth, the less the child can eat)
- Can drink from a cup with assistance

How has a 7 month old grown?

- Has gained approximately 14 oz since last month
- ▼ Has grown about 1 2 cm in length since last month

How much does a 7 month old sleep?

- On average, 11 12 hours of nighttime sleep
- On average, 2 naps a day for a total of 2 -3 hours of daytime sleep
- For a total of approximately 14 hours of sleep within a 24 hour time period
- For example, the child may go to bed at 7pm and get up at 7am



What can a 7 month old do?

- Starting to crawl or scoot to get to an out-of-reach object
- Can sit without support
- Begins to lunge forward from a sitting position
- Can roll both ways from stomach to back and from back to front
- Keeps legs straight when lifted up
- Can support entire weight on legs
- Beginning to stand while holding on to things for support
- Learning to use thumb and fingers

What can a 7 month old see?

- Can find partially hidden objects
- Has developed full color vision
- Has mature distance vision
- Can track moving objects well
- Likes to observe surroundings and study things
- Likes to watch his/herself in the mirror

What can a 7 month old hear?

- Responds to own name and "no"
- Responds to sounds by making sounds
- Responds to a voice or a noise even when the source cannot be seen
- Startles when there is a large sound
- Watches faces and mouths when talked to

What can a 7 month old say?

- Babbles in a more complex way with chains of consonants
- May try to establish contact with a person by cough or other noise
- Uses own voice to express joy and unhappiness
- Makes several sounds like "ma," mi," "da," di," or "ba"

How does a 7 month old feel?

- Responds to other people's expressions of emotion
- Tries to attract attention through actions
- Wants to be included in all activities
- Can tell when people are angry or happy by the tone of voice
- May be afraid of strangers
- Knows what he/she wants or doesn't want to do
- Temper and frustration may begin to show
- Likes to tease, laugh, play and do silly things
- May start experience separation anxiety when left by parents

How can a 7 month old be kept safe?

- Continue to do the items from previous ages as well as:
- Should always be within reach and eyesight (except when napping)
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller
- Do not take eyes of child that is in the sitting position

- Stay on the lookout for small items on the floor that may go into the child's mouth
- Clean shelves of the items that are dangerous for the child
- Make sure furniture is stable and that it cannot be pulled over by the child
- Place padding on the sharp corners on tables and furniture
- Use a gate at the top and bottom of staircases

What psychological stage is a 7 month old in?

- Erickson's Psychosocial Theory:
 - Stage 1 Hope: Trust vs. Mistrust
 - If a child's needs are met, then the child develops a sense of trust
 - If a child's needs are not met, then the child develops a sense of mistrust and fear
- Freud's Psychosexual Theory:
 - Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)
- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Secondary Circular Reactions A child begins to intentionally repeat an action to reproduce a response to understand the environment around
- Kohlberg's Moral Theory:
 - Level 1 Pre-conventional/Pre-moral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 8

What does an 8 month old eat?

- 4 5 nursing sessions per day
- 26 32 oz formula or combination
- No more than 2 4 oz of water or juice
- 2 3 servings child cereal or grains
- 2 servings fruit
- 💙 2 3 servings vegetables
- 1 2 servings protein
- 1 serving dairy
- Will likely go to 3 smaller meals throughout the day between breast or formula feeding



How has an 8 month old grown?

- Weight has more than doubled birth weight
- Has grown approximately 1 2 cm in length since last month

How much does an 8 month old sleep?

- Many can sleep through the night without a feeding
- On average, 11 12 hours of nighttime sleep

- On average, 2 3 naps daily for a total of 2 -3 hours of daytime sleep
- For a total of approximately 14 hours of sleep within a 24 hour time period

What can an 8 month old do?

- Sits well without support
- Rolls over repeatedly
- Gets into a crawling position and rocks
- Pulls up to standing position and bounces while holding on with one hand
- Has trouble getting back down from standing position
- Reaches for toys out of reach and can handle well
- Starts to pick up objects using thumb and fingers
- Begins to clap hands
- Uses index finger to push parts of toys and investigate small spaces
- Points at objects and looks to someone to help

What can an 8 month old see?

- Looks when hearing own name
- Will look for a dropped toy or object
- Has greater mobility of eyes which now move with little assisted head motion
- Will watch surrounding activities for longer periods

What can an 8 month old hear?

- Responses to familiar words
- Beginning to understand one or two word sentences (like "hot" or "yucky")
- Turns and listens when hears familiar sounds

What can an 8 month old say?

- May cry when left alone at naptime or bedtime
- Continues to babble often but the babble is more advanced
- Expresses emotions (like happiness, sadness or fear) with distinct sounds
- May shout to get parent's attention
- Tries to copy the way that a person's mouth moves when speaking

How does an 8 month old feel?

- Likes to play interactive games
- Curious about everything
- Moves rapidly from one activity to the next
- Likes to imitate people
- Starts to develop a sense that behavior and actions can influence events
- Becomes very attached to parents and may get upset when parents leave
- Looks at strangers seriously instead of greeting with a smile
- Can be scared by new events and/or new people
- Can get frustrated or lose temper when can't find something

How can an 8 month old be kept safe?

- Continue to do the items from previous ages as well as:
- Should always be within reach and eyesight (except when napping)
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller.
- Do not take eyes of child that is in the sitting position
- Stay on the lookout for small items on the floor that may go into the child's mouth
- Clean shelves of the items that are dangerous for the child
- Make sure furniture is stable and that it cannot be pulled over by the child
- Place padding on the sharp corners on tables and furniture
- Use a gate at the top and bottom of staircases

What psychological stage is a 8 month old in?

- Erickson's Psychosocial Theory:
 - Stage 1 Hope: Trust vs. Mistrust
 - If a child's needs are met, then the child develops a sense of trust
 - If a child's needs are not met, then the child develops a sense of mistrust and fear
- Freud's Psychosexual Theory
 - Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)

- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Secondary Circular Reactions A child begins to intentionally repeat an action to reproduce a response to understand the environment around
- Kohlberg's Moral Theory:
 - Level 1 Pre-conventional/Pre-moral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 9 Months

What does a 9 month old eat?

- 3 4 nursing sessions per day
- 26 32 oz formula or combination
- 2 servings of child cereal
- 1 2 servings of grain
- 2 servings of fruit
- 2 servings of vegetables
- 2 3 servings of protein
- 1 serving dairy
- Begins to feed his/herself with spoon



How has a 9 month old grown?

- Has gained approximately 12 oz since last month
- Has grown about 1 cm in length since last month

How much does a 9 month old sleep?

- On average, 11 12 hours of nighttime sleep
- On average, 2 naps per day for a total of 2 3 hours daytime sleep
- For a total of approximately 14 hours of sleep within a 24 hour time period

What can a 9 month old do?

- May try to climb/crawl up the stairs
- Pulls up to standing position and maintains briefly

- Learning how to climb (likes to climb on furniture or climb out of crib)
- Has good balance and is able to sit for 10 15 minutes at a time
- Can turn body all the way around when sitting without losing balance
- Skilled in using the pincer grasp (using index finger and thumb to pick up objects)
- May crawl while holding something in one hand
- Continues to use fingers to explore small holes or spaces

What can a 9 month old see?

- Examines and manipulates objects with great interest
- Tracks falling objects and knows where to look for them
- Can distinguish familiar faces from those of strangers

What can a 9 month old hear?

- Turns head to find out where a sound is coming from
- Turns around if a parent is calling from behind
- Will stir or move in response to any voice or sound
- Listens when spoken to and tries to copy sounds
- Can understand some words and simple sentences

What can a 9 month old say?

- Vocalizes on purpose as a way to communicate
- Repeats one or more sounds over and over
- Likes to cough, click tongue or make hissing noises
- Can say two-syllable sounds like "choo-choo"

How does a 9 month old feel?

- Shows likes and dislikes through behaviors may try to prevent activity that is disliked
- Shows excitement or interest in foods or toys that are well liked
- May throw food or choose to play instead of eating a food that is disliked
- Is at height of stranger anxiety and is afraid of more things than before
- Recognizes familiar games and rhymes
- Pays careful attention to people, things and happenings
- Likes to explore but keeps an eye on parents to make sure they are close
- Very sensitive may cry if sees or hears another child cry
- Becoming very determined

How can a 9 month old be kept safe?

- Continue to do the items from previous ages as well as:
- Should always be within reach and eyesight (except when napping)
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller
- Do not take eyes of child that is in the sitting position
- Stay on the lookout for small items on the floor that may go into the child's mouth
- Clean shelves of the items that are dangerous for the child
- Make sure furniture is stable and that it cannot be pulled over by the child

- Place padding on the sharp corners on tables and furniture
- Use a gate at the top and bottom of staircases

What psychological stage is a 9 month old in?

- Erickson's Psychosocial Theory:
 - Stage 1 Hope: Trust vs. Mistrust
 - If a child's needs are met, then the child develops a sense of trust
 - If a child's needs are not met, then the child develops a sense of mistrust and fear
- Freud's Psychosexual Theory:
 - Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)
- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Tertiary Circular Reactions A child begins trial and error experiments by repeating actions with variations to try to bring about new outcomes
- Kohlberg's Moral Theory:
 - Level 1 Pre-conventional/Pre-moral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 10 Months

What does a 10 month old eat?

- 3 4 nursing sessions per day
- 💙 18 26 oz formula or combination
- No more than 6 8 oz of water or juice
- 2 servings of child cereal
- 2 servings of grain
- 2 servings of fruit
- 2 3 servings of vegetables
- 2 3 servings of protein
- 1 serving dairy
- Continues to uses fingers to feed self
- Can get a spoon into mouth
- Can help hold a cup

How has a 10 month old grown?

- Has gained approximately 10.5 oz since last month
- Has grown about 1 cm in length since last month

How much does a 10 month old sleep?

- On average, 11 12 hours nighttime sleeping
- On average, 2 naps per day for a total of 2 2 ½ hours daytime sleeping
- For a total of approximately 13 ½ hours of sleep within a 24 hour time period



What can a 10 month old do?

- Can crawl quickly
- Can climb up on chairs and then climb down
- Can go from sitting to about any other position
- Starting to take a few steps while holding on for balance
- May try holding on with one hand and bending to pick up an object with the other hand
- May try letting go and standing without help
- Can sit down from a standing position
- Stacks and sorts toys
- Gets toys that are out of reach and plays with them
- Holds out arm or leg for dressing
- Has become very skilled at using fingers to grasp things
- Holds an object in each hand and bangs the objects together
- Carries objects around in one hand without dropping them

What can a 10 month old see?

- Inspects toys carefully while holding them
- Begins to have depth perception, which makes it possible to see the world in three dimensions
- Looks for something if sees it being hidden

What can a 10 month old hear?

- Understands and responses to some simple commands and words
- Becomes interested in conversations when hearing familiar words

What can a 10 month old say?

- Communicates through gestures, like waving good-bye or lifting arms to communicate "up"
- Can say "no" and shake head
- Knows a few words other than just "mama" and "dada" (like "dog")
- Will alternate between saying the same words all day long and not saying any words at all
- May cry if another child gets more attention
- Likes to imitate people, gestures and sounds

How does a 10 month old feel?

- Learning to understand cause and effect
- Remembers that parents, objects or toys still exist even when they can't be seen
- Begins to initiate games instead of following games
- Experiences many different feels now sadness, happiness, madness and fear
- May still feel shy around new people
- Has favorite toys and things to play with
- Beginning to know whether a boy or a girl

How can a 10 month old be kept safe?

- Continue to do the items from previous ages as well as:
- Should always be within reach and eyesight (except when napping)
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller.
- Do not take eyes of child that is in the sitting position
- Stay on the lookout for small items on the floor that may go into the child's mouth
- Clean shelves of the items that are dangerous for the child
- Make sure furniture is stable and that it cannot be pulled over by the child
- Place padding on the sharp corners on tables and furniture
- Use a gate at the top and bottom of staircases

What psychological stage is a 10 month old in?

- Erickson's Psychosocial Theory:
 - Stage 1 Hope: Trust vs. Mistrust
 - If a child's needs are met, then the child develops a sense of trust
 - If a child's needs are not met, then the child develops a sense of mistrust and fear
- Freud's Psychosexual Theory:
 - Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)

- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Tertiary Circular Reactions A child begins trial and error experiments by repeating actions with variations to try to bring about new outcomes. For example, before when the child was in secondary circular reactions, he/she would just drop the pacifier. Now, the child will throw the pacifier to try and get it on the carpet. Different outcome for the same action.
- Kohlberg's Moral Theory:
 - Level 1 Preconventional/Premoral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 11 Months

What does an 11 month old eat?

- 3 4 nursing sessions per day
- ▼ 16 24 oz formula or combination
- No more than 6 8 oz of water or juice
- 2 servings of child cereal
- 2 servings of grain
- 2 servings of fruit
- 2 3 servings of vegetables
- 2 3 servings of protein
- 1 serving dairy
- Uses mealtime games to test parent's reactions
- The more teeth the more small pieces the child can eat.
- Can put a spoon into his/her mouth
- Can judge for his/herself how much to eat

How has an 11 month old grown?

- Has gained approximately 10.5 oz since last month
- Has grown approximately 1 cm in length since last month



How much does an 11 month old sleep?

- On average, 11 12 hours of nighttime sleep
- On average, 2 naps per day for a total of 2 2 ½ hours of daytime sleep
- \checkmark For a total of approximately 13 $\frac{1}{2}$ hours of sleep within a 24 hour time period

What can an 11 month old do?

- "Cruises" around easily using furniture as support
- Can walk while having only one hand held
- May also begin to take a few steps on his/her own
- Moves from sitting to crawling and back to sitting with ease
- Drops objects on purpose
- Turns pages in book while being read to
- Cooperates with dressing by such actions as putting arm through a sleeve
- May hold a toy in one hand while pulling his/herself up with the other hand
- Can turn body around while standing without falling down
- Can easily squat down, stoop, bend over and then get up
- Can hold a pencil or crayon

What can an 11 month old see?

- Inspects objects and people frequently
- Will perform a visual sweep of the room to see what's happening
- Watches other children to learn about interaction with toys and about other's ideas (also called parallel play)

- Can see expressions on faces and will try to copy
- Likes to look at pictures in books
- Learning that distance that affect an object's size

What can an 11 month old hear and understand?

- Understands much of what is said to him/her and around him/her
- Beginning to response to requests (like "bring it to Mama")
- Understanding more words and learning new words (usually through reading)
- Knows words are used to identify things

What can an 11 month old say?

- Uses "mama" or "dada" very often
- Combines different sounds and varies the tone of voices
- Uses one word to communicate a complete thought
- Babbles and speaks gibberish a lot
- May try to make animal noises (like a bark or meow)

How does an 11 month old feel?

- Likes repetitive play
- Repeats performances that are laughed out
- Understands the word "no" but will not always obey it
- Starts to have a less self-centered view of reality, although still believes that most of the world revolves around him/her
- Shows affection to parents and regular caregivers and cling to them in new situations

- Starts to develop independence and tries to do things without help
- Wants parents' approval
- Continuing to test the limits to see how much he/she can get away with
- May suck thumb or fingers for comfort
- Frustration and angry may start showing in the form of tantrums

How can an 11 month old be kept safe?

- Continue to do the items from previous ages as well as:
- Should always be within reach and eyesight (except when napping)
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller
- Do not take eyes of child that is in the sitting position
- Stay on the lookout for small items on the floor that may go into the child's mouth
- Clean shelves of the items that are dangerous for the child
- Make sure furniture is stable and that it cannot be pulled over by the child
- Place padding on the sharp corners on tables and furniture
- Use a gate at the top and bottom of staircases

What psychological stage is an 11 month old in?

- Erickson's Psychosocial Theory:
 - Stage 1 Hope: Trust vs. Mistrust
 - If a child's needs are met, then the child develops a sense of trust
 - If a child's needs are not met, then the child develops a sense of mistrust and fear
- Freud's Psychosexual Theory:
 - Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)
- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Tertiary Circular Reactions A child begins trial and error experiments by repeating actions with variations to try to bring about new outcomes
- Kohlberg's Moral Theory:
 - Level 1 Preconventional/Premoral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

BEHAVIORS by 1 Year

What does a 1 year old eat?

- Three meals at ordinary family times
- Snacks at mid-morning and afternoon
- 3 4 nursing sessions per day
- 16 24 oz formula or combination
- No more than 3 4 oz of water or juice
- 2 3 servings of child cereal
- 2 3 servings of grain
- 2 servings of fruit
- 2 3 servings of vegetables
- 2 servings of protein
- 2 3 servings dairy
- Can now have whole milk
- May insist on feeding his/herself
- Has learned to chew by now and should be having finger foods
- Can eat ordinary family diet, with meat minced and other foods cut-up, de-pitted, etc.

How has a 1 year old grown?

- Gains roughly 2 3 oz per week from 6 12 months
- An average birth weight child who has gained normally will now weigh just over 20 lbs.
- Both food consumption and weight gain become less consistent around 1 year



How much does a 1 year old sleep?

- Average sleep is around 13 ½ hours per day scattered throughout
- Most will sleep a 12-hour night
- Most will also need two naps but may sleep for only a few minutes at one or both of these
- After about 9 months, child can keep himself awake if he wants to
- Cannot wake himself voluntarily so night waking (which is common) can be dealt with only by comfort/reassurance
- Around 15 to 18 months, children can merge their naps. A 12 month old may still sleep at 9am and 2pm for 1½ hours but at 15 months, most merge into one long nap from 12 3pm

What can a 1 year old do?

- Can sit independently on a hard surface
- Leans forward or sideways and recovers balance on own
- Crawls freely by some method usually hands and knees, but may be hands and feet, or rarely, some version of shuffling on bottom
- May be able to walk but probably prefers to crawl as it faster
- Can do other things while walking, like picking up a favorite toy
- Touches, strokes and picks up objects accurately
- Uses index finger to point to things
- Can separate fingers from total hand grasp to pick up tiny objects between finger and thumb (like Cheerios)
- Can throw and push objects away
- Can hold an object with one hand while doing something else with the other hand

- Fills and empties containers with small objects
- May attempt to build with bricks, but inaccurate release still causes difficulty

What can a 1 year old see?

- May point to familiar objects in picture books
- Can remember when an object was last seen

What can a 1 year old hear and understand?

- Recognizes a parent by the voice along
- Clearly understands many words and phrases
- Continues to obey more simple commands
- May respond to words (like hold out foot when hear the word "shoe")
- Turns head in all directions when hearing a person's voice or a particular sound

What can a 1 year old say?

- Crying from anger and frustration is frequent
- Cries when hurt frequent when learning to walk but may also cry from shock of a bump which does not necessarily hurt
- By this age, there should be no crying for which the cause is not clear, even if the cause seems small to an adult
- Play is usually accompanies by highly complex babble, (different syllables strung together with exclamation marks, question marks, and paragraphs)
- Sounds like talk, but has no recognizable words in it but includes more consonants and long and short vowels
- May use clear words but are used in loose conjunction with the true definition may make up words to describe people and objects

- May try to "sing along" with music
- Repeats words that he/she knows

How does a 1 year old feel?

- Feels and shows love and affection to favorite people and things
- Better able to entertain him/herself than earlier in life
- Will react to disapproval from parents
- May react badly to any major change, such as a house move, holiday, etc.
- Likes to be on the move most of the time and only cuddles only when wants to
- Very trusting of people he/she knows well
- Has very definite likes and dislikes
- Remembers more as memory is getting sharper
- Developing a sense of humor and thinks things are funny

How can a 1 year old be kept safe?

- Continue to do the items from previous ages as well as:
- Should always be within reach and eyesight (except when napping)
- Keep pillows, stuffed animals and fluffy blankets out of the crib
- Do not leave the child alone in the house for even one minute
- Do not leave the child alone in the bathtub for even one minute
- Never leave the child alone in a car or stroller
- Do not take eyes of child that is in the sitting position
- Stay on the lookout for small items on the floor that may go into the child's mouth
- Clean shelves of the items that are dangerous for the child

- Make sure furniture is stable and that it cannot be pulled over by the child
- Place padding on the sharp corners on tables and furniture
- Use a gate at the top and bottom of staircases

What psychological stage is a 12 month old in?

- Erickson's Psychosocial Theory:
 - Stage 1 Hope: Trust vs. Mistrust
 - If a child's needs are met, then the child develops a sense of trust
 - If a child's needs are not met, then the child develops a sense of mistrust and fear
- Freud's Psychosexual Theory:
 - Stage 1 Oral Stage
 - A child is focused on gratification of needs through oral pleasures (like breastfeeding, sucking or anything using the mouth, lips or tongue)
- Piaget's Cognitive Theory:
 - Stage 1 Sensorimotor Stage
 - A child is trying to understand the world around and the information entering the senses.
 - Tertiary Circular Reactions A child begins trial and error experiments by repeating actions with variations to try to bring about new outcomes
- Kohlberg's Moral Theory:
 - Level 1 Pre-conventional/Pre-moral Level
 - A child's reasoning behind an action is only judged by the direct consequences to him/her

INFANT COLIC TRACKER FORM

Baby's Information		
Name:		
Date of Birth:		
Date and Time		
Date:		
Time:		
Feeding Details		
Feeding Type		
Breastfeeding	Formula	Mixed Feeding
Duration of Feeding	minutes	
Quantity Consumed		
Sleep Patterns		
	(hh:mm AM/PM)	
Wake-up Time	(hh:mm AM/PM)	
Total Sleep Duration	hours	
Colic Episodes		
Start Time:	(hh:mm AM/PM)	
Duration	minutes	
Triggers/Patterns		
Diaper Changes		
Frequency	changes	
Notes		

Stool Characteris	stics		
Color:			
Consistency:			
Frequency:		times	
Other Symptoms	•		
Discomfort Signs			
Reflux Symptoms			
Present		Not Present	
Interventions Tri	ied		
Soothing Techniqu	ues		
Very Effective		Somewhat Effective	Not Effective
Medications/Sup	plement	ts	
Given			
Yes	No		
Details			
Health Profession	nal Cons	sultations	
Date of Visit		(hh:mm AM/PM)	
Recommendation	ns		