

Baby's Busy Day: Being one is So Much Fun!



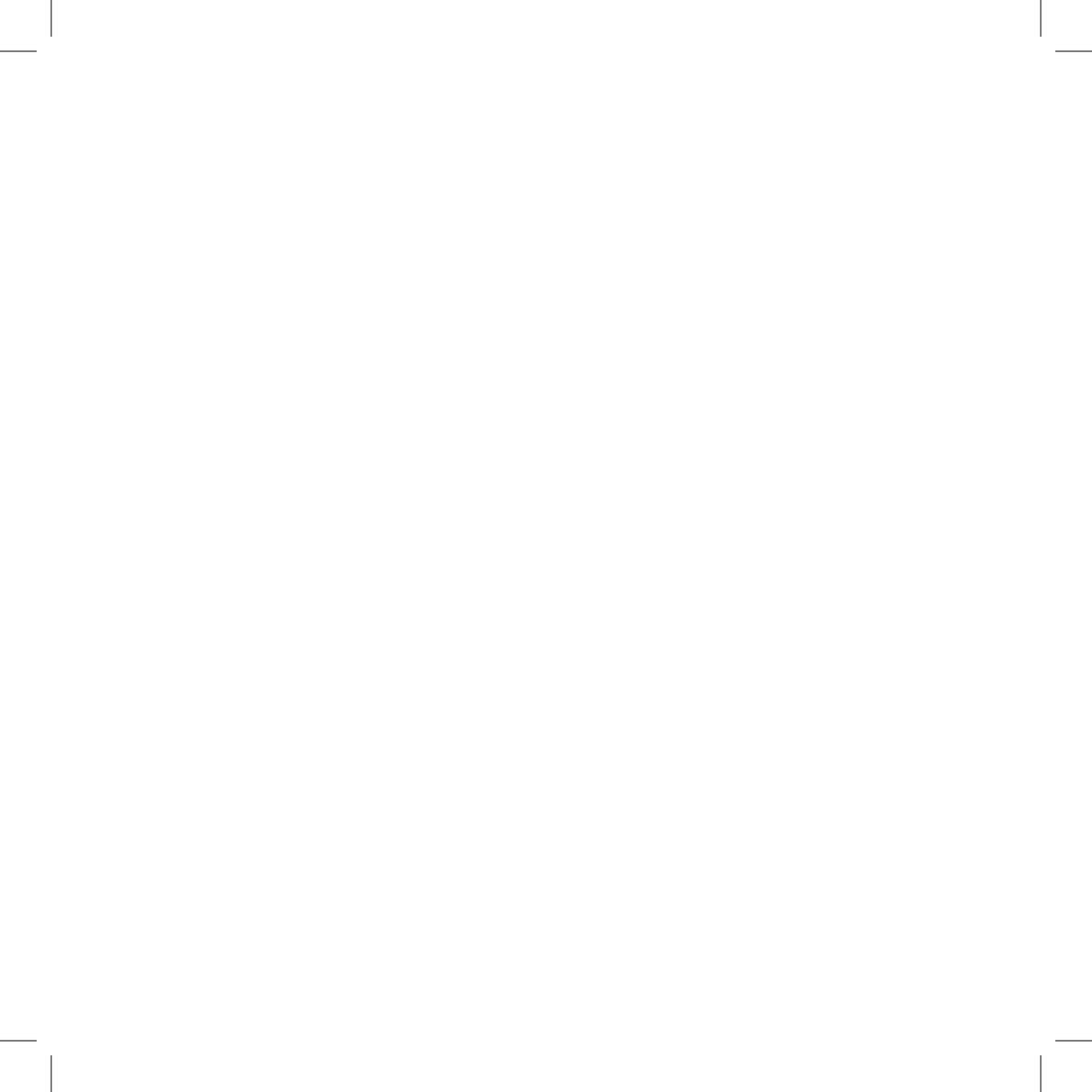
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Being one is So Much Fun!



Written by Ann Harrell

| Illustrated by Allison Valentine

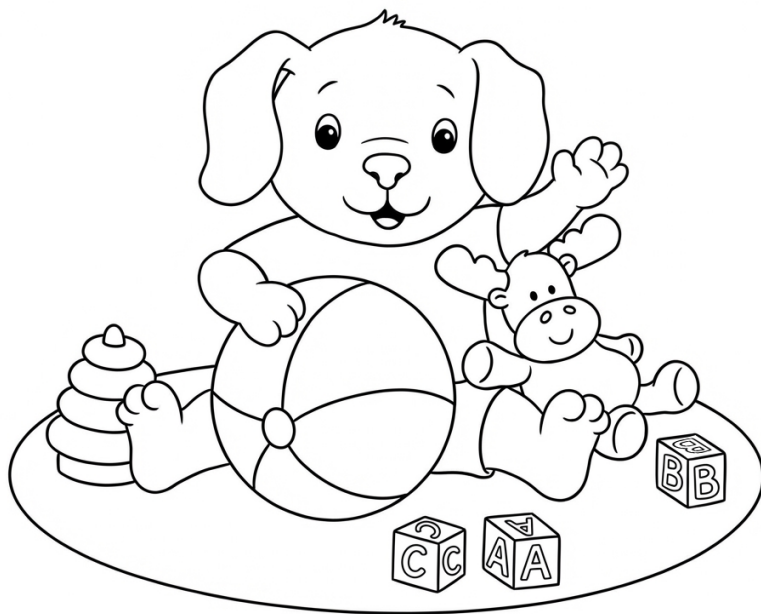


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Baby wakes.
Pulls up tall.
Baby points...

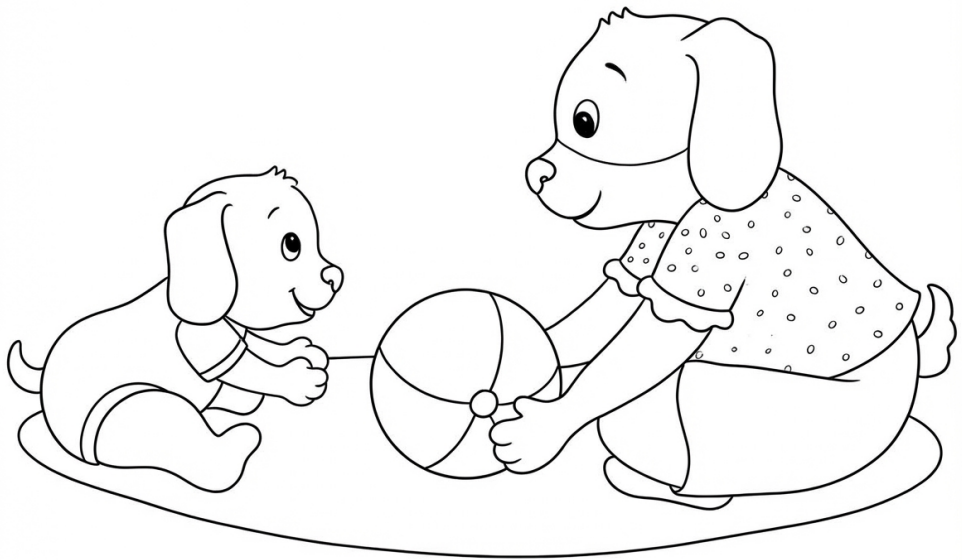
Parents, look for the  to learn what to expect from your baby by age 1, and the  for how you can help.



MILESTONE

Begins to point to show someone what he wants.

Bouncy ball!



TIP

Talk about what your baby wants when he points at something.

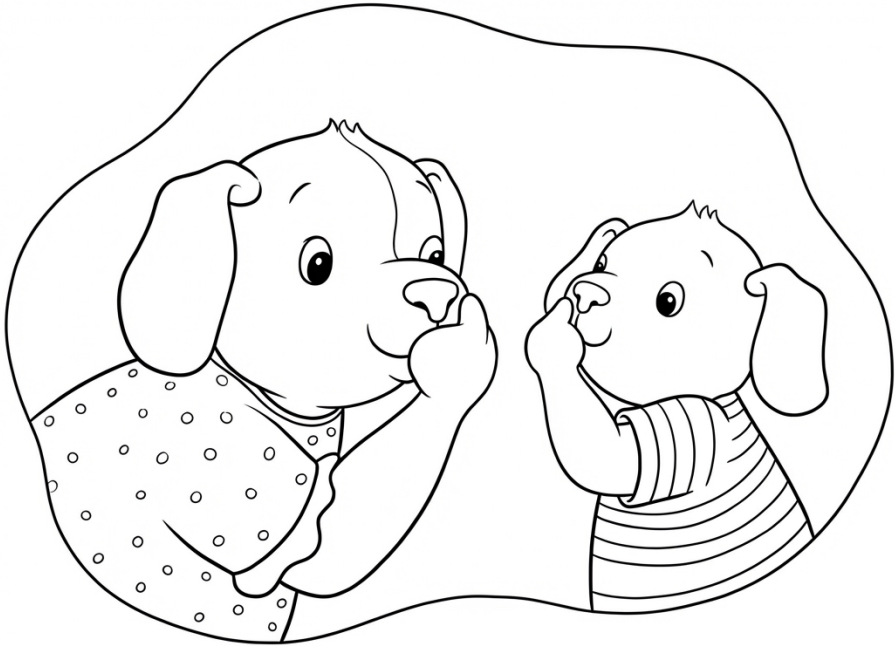
Baby helps put on clothes.
Reach and stretch.



MILESTONE

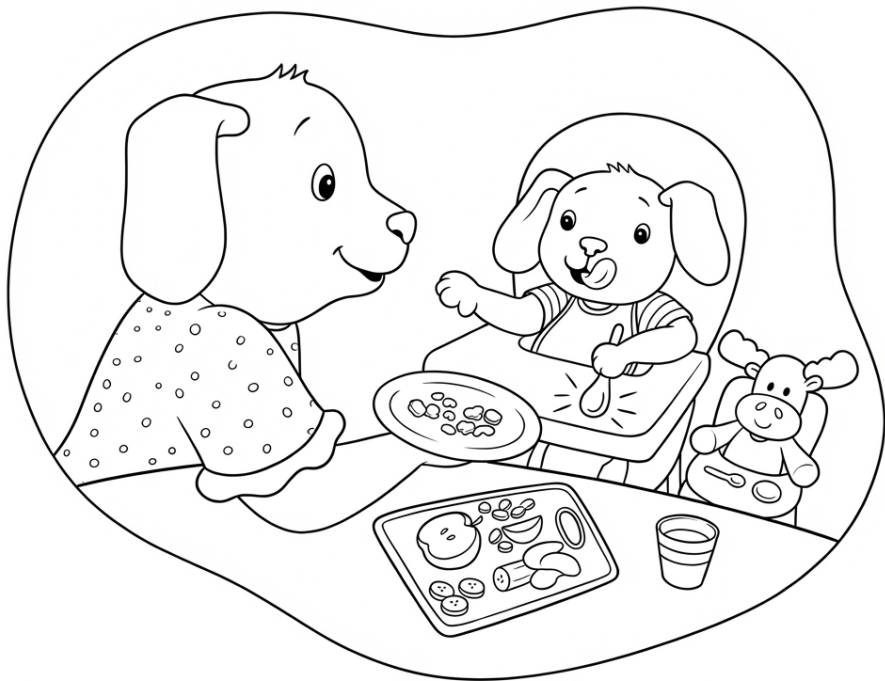
Begins to put out arm or leg to help with dressing.

Where's your nose?

**TIP**

Ask your child to label body parts.

Baby bangs
spoon on tray.



MILESTONE

Repeats sounds or actions to get attention.

Ready set
for the day.



TIP

Talk to your child about what you're doing. For example, "Mommy is making your breakfast."

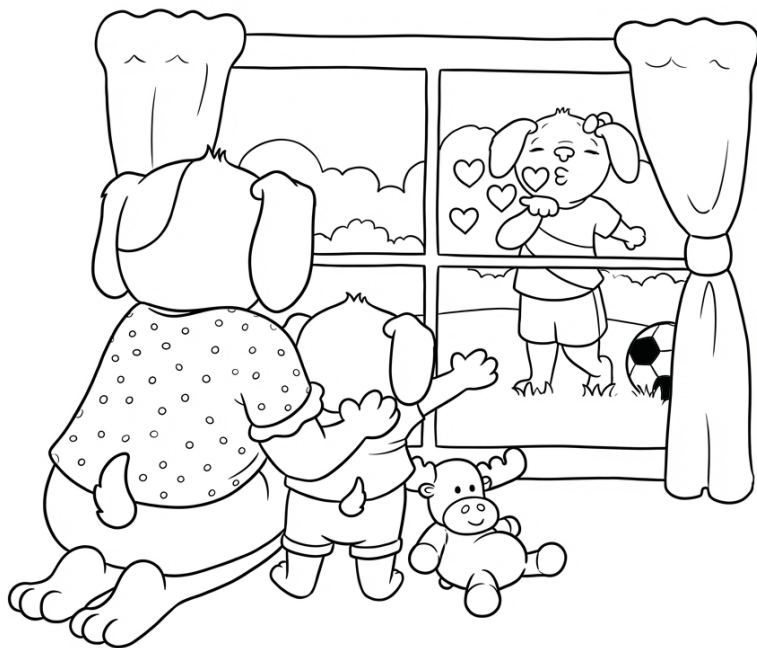
Baby hugs.
Blows a kiss.



MILESTONE

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

Bye bye Baby.
Bye bye Sis.



TIP

As baby moves around more, stay close so he knows that you are near.

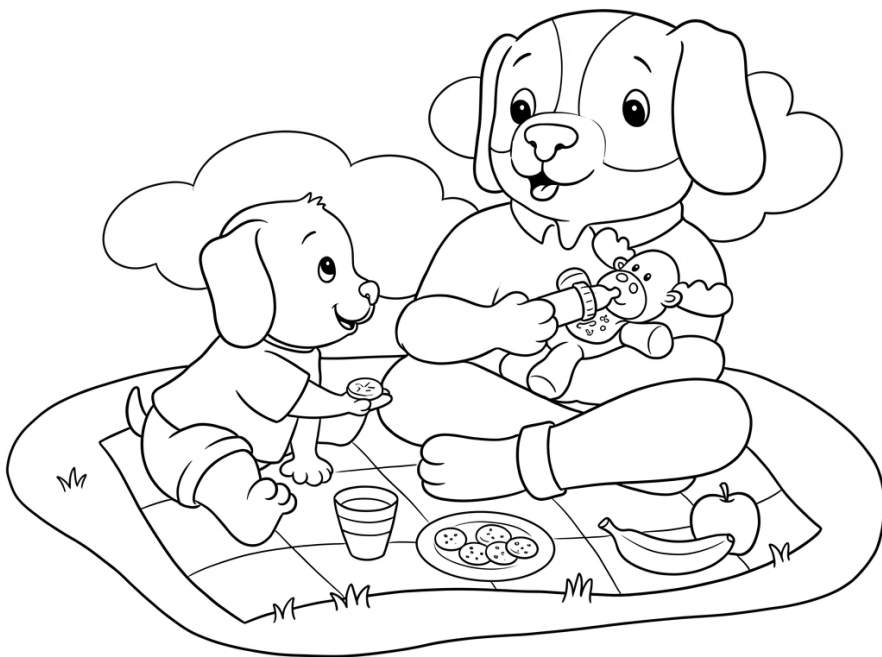
Baby gives
Moose some lunch.



MILESTONE

Begins to show interest in a doll or stuffed animal.

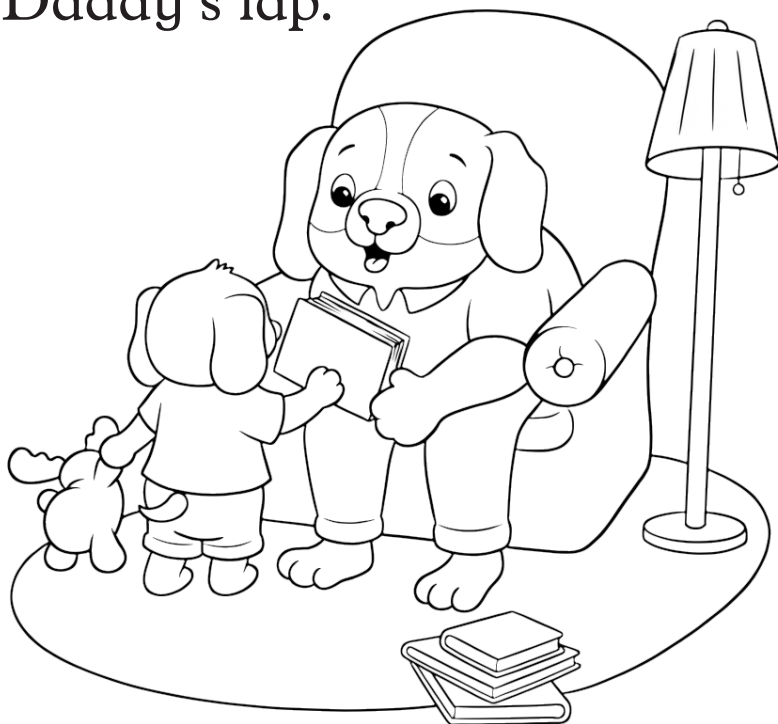
Have a bite.
Crunch, crunch, crunch!



TIP

Encourage pretend play.

Baby climbs in
Daddy's lap.



MILESTONE

Pulls up to a stand and gets to a sitting position.

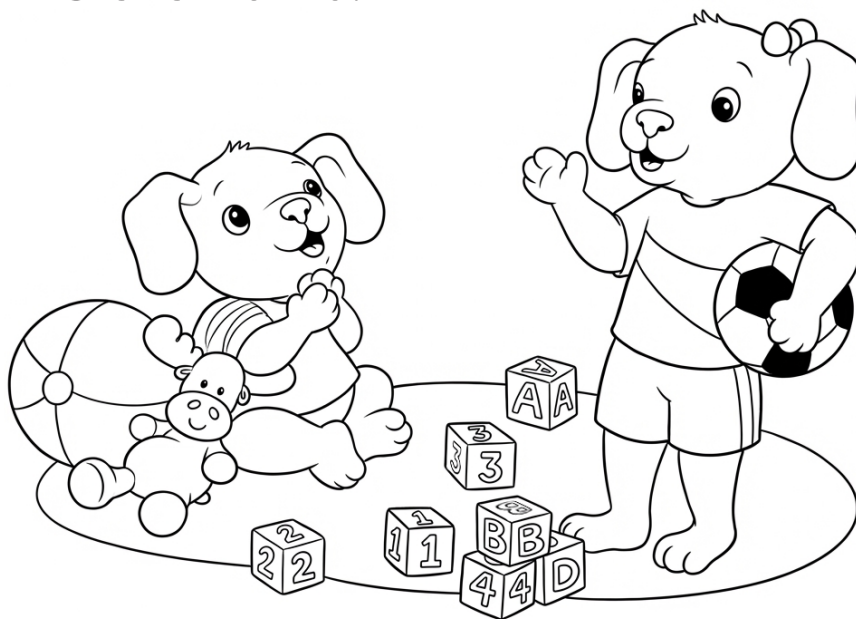
Read a book,
time for nap.



TIP

Read with your child every day. Have your child turn the pages. Talk about the pictures using simple words.

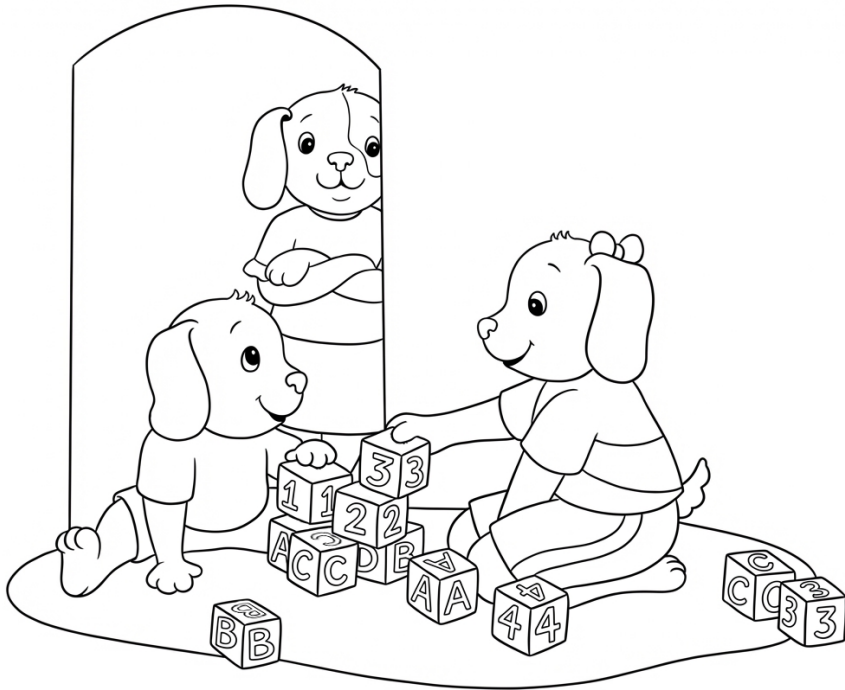
Baby claps.
Hip! Hooray!
Sis is home.



MILESTONE

Knows familiar people.

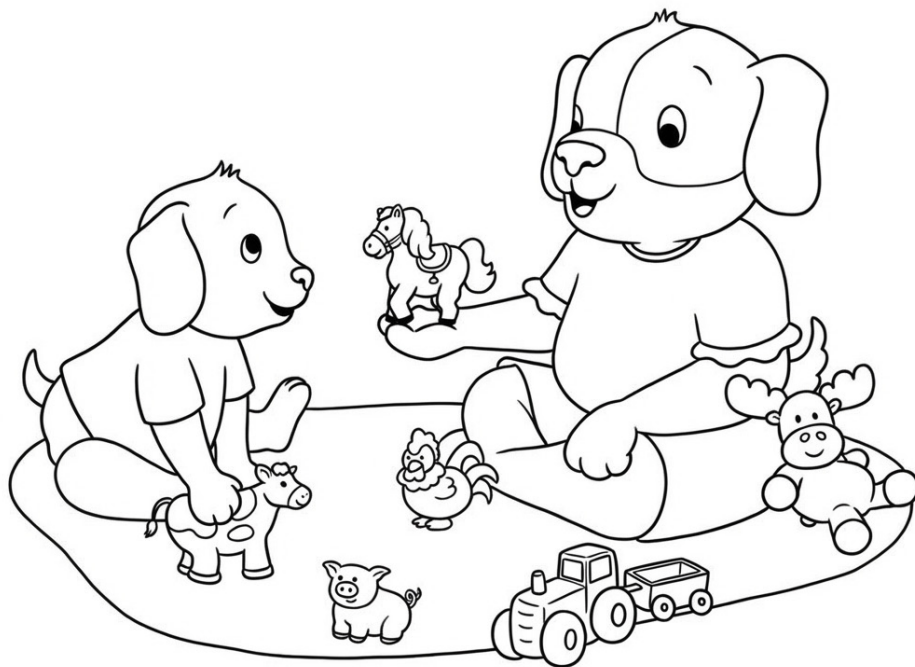
Let's go play!



TIP

Play with blocks, shape sorters, and other toys that encourage your child to use his hands.

Baby tries
talking too!



MILESTONE

Makes different sounds like “mamama” and “bababa.”

Horse says “Neigh!”
Cow says “Moo!”



TIP

Build on what your child says or tries to say, or what he points to.

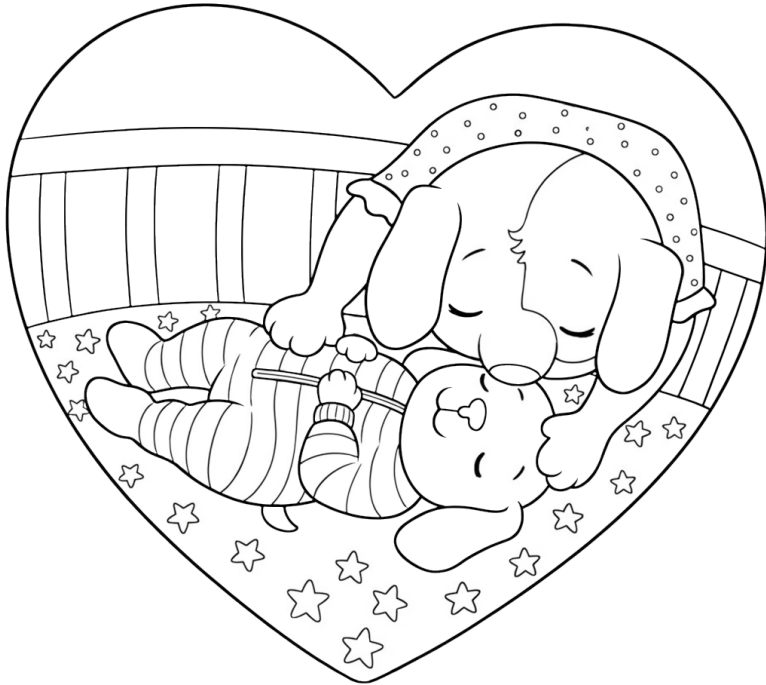
Baby's snug.
Tucked in tight.
“Ma-ma-ma.”



MILESTONE

Calls parent “mama” or “dada” or another special name.

Nighty-night.



TIP

Help your child feel safe and loved.

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!

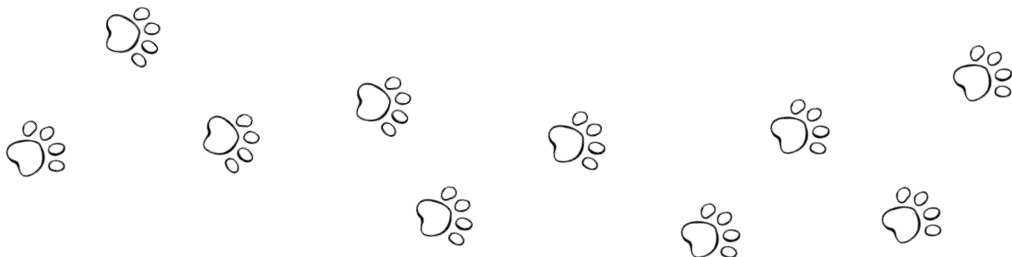
If your child is missing milestones or you are concerned about your child's development, talk with your child's doctor, teacher, or other providers and ask about developmental screening.

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.



**Download CDC's free
Milestone Tracker app**



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
and the ❤️ for ways to help your baby's development.

cdc.gov/AmazingBooks



Centers for Disease
Control and Prevention

cdc.gov/ActEarly
1-800-CDC-INFO



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