

## Simple, Everyday Activities Support Baby’s Ability to Reach Important First Year Milestones

Below are four everyday activities you can do with your baby. These simple daily activities will help your baby reach a variety of typical first year behaviors, otherwise known as milestones.

Everyday Activity	By the end of the 3 <sup>rd</sup> Month Baby may:	By the end of the 7 <sup>th</sup> Month Baby may:	By the end of the 12 <sup>th</sup> Month Baby may:
1. Reading aloud to your baby for 10 – 15 minutes everyday.	<ul style="list-style-type: none"> <li>• Become more expressive and communicate more with face and body.</li> <li>• Swipe at objects with hands.</li> <li>• Smile at the sound of your voice, begins to imitates sounds, turns head in direction of sound.</li> </ul>	<ul style="list-style-type: none"> <li>• Respond to other people’s expressions of emotion and often appears joyful.</li> <li>• Babble chains of sounds.</li> <li>• Reaches with one hand.</li> </ul>	<ul style="list-style-type: none"> <li>• Look at correct picture when the image is named.</li> <li>• Babble with inflection (change in tone).</li> <li>• Try to imitate words.</li> </ul>
2. Having playful tummy time with your baby.	<ul style="list-style-type: none"> <li>• When lying on tummy baby raises head and chest, support upper body with arms, stretch legs out and kicks.</li> <li>• Start using hand and eyes in coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Struggle to get objects that are out of reach.</li> <li>• Reach with one hand.</li> </ul>	<ul style="list-style-type: none"> <li>• Creep on hands and knees.</li> <li>• Crawl forward on belly.</li> </ul>
3. Talking to your baby while diapering, changing clothes, bathing, etc.	<ul style="list-style-type: none"> <li>• Begin to develop a social smile.</li> <li>• Smile at the sound of your voice.</li> <li>• Turn head toward direction of sound.</li> </ul>	<ul style="list-style-type: none"> <li>• Babble chains of sounds.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin using objects (i.e., cup, spoon, hair brush, etc.) correctly.</li> </ul>
4. Healthy mealtimes	<ul style="list-style-type: none"> <li>• Begin to develop a social smile.</li> <li>• Smile at the sound of your voice.</li> <li>• Turn head toward direction of sound.</li> <li>• Start using hands and eyes in coordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore with hands and mouth.</li> <li>• Transfer objects (i.e., spoon, food, etc.) from hand-to-hand.</li> <li>• Use pincer grasp.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin using objects (i.e., cup, spoon, hair brush, etc.) correctly.</li> </ul>

Compiled By: Celia Chang Takahashi, Oahu Coordinator, Good Beginnings Alliance, [ctakahashi@goodbeginnings.org](mailto:ctakahashi@goodbeginnings.org)

Source: [www.cdc.gov/actearly](http://www.cdc.gov/actearly) click on the milestones on the left menu of the homepage.