

Development



Children grow and develop at their own rates. What is normal for one child may be different for another. As a parent, it's important to provide your baby with lots of opportunities to safely explore their environment and play and interact with you. Doing this helps your baby's language, emotional and problem-solving development.

WHAT TO EXPECT

- Your baby will grow and develop at amazing speed in their first year of life. Besides growing bigger, your baby will learn a range of new skills like:
 - Rolling.
 - Crawling.
 - Standing.
 - Walking.
- Talking and interacting with others.
- Using their hands to hold toys or feed themselves.
- Your baby will also learn feelings of safety and belonging. We call this social/emotional development. At around 7 to 9 months some babies experience separation anxiety and may get upset when you leave the room. This is a normal part of development.

REALITIES

- Each baby is unique and will learn at their own pace – try not to compare your baby to others.
- Introduce new things slowly. Learning new skills and being exposed to new activities and environments can be unsettling for your baby.
- As a parent, you know your baby best. If you're concerned about your baby's development, discuss this with your health professional.
- Avoid screen time for babies. Interacting with you is the best way for them to develop.

If you have a parenting question,
call Karitane Careline: 1300 227 464

TIPS FOR HEALTHY DEVELOPMENT

- Place your baby on their tummy for a few minutes several times a day to encourage crawling and eventually standing and walking.
- Play with your baby throughout the day by talking, singing, reading and making time for indoor and outdoor play.
- Talking, singing and reading can be done when changing, bathing or feeding your baby.
- Provide a clean, safe place to play, such as a clean mat on the floor.
- Have a variety of age-appropriate toys available with different colours, sounds and textures.
- Talk to your baby. If they notice or reach for something, talk to them about that object.
- Recognise the emotions your baby shows and talk about that emotion.

DEVELOPMENT DIAGRAM



SAFETY

- Tummy time is best done on the floor.
- Never leave your baby alone on a change table, bed or highchair. As your baby learns to roll and crawl, ensure your home is safe (power cords and outlets not accessible, small objects or choking hazards out of reach of your baby).