Baby's Busy Day: 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
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
Points to show someone what he wants

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

Bouncy ball!
Baby helps put on clothes.
Reach and stretch.

Where’s your nose?

**MILESTONE**
Puts out arm or leg to help with dressing; points to body part

**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; copies gestures

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.

Have a bite.
Crunch, crunch, crunch!

MILESTONE
Shows interest in a doll or stuffed animal by pretending to feed

TIP
Encourage pretend play.
Baby climbs in Daddy’s lap.

MILESTONE
Hands you a book when he wants to hear a story

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.

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

MILESTONE
Has favorite people
Baby tries talking too!

MILESTONE
Tries to say words you say

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
Says “mama” or “dada”

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 baby is missing milestones or you are worried about your baby’s development, talk with the doctor and ask for developmental screening.

Don’t wait. Acting early can make a real difference!
Visit cdc.gov/Concerned or call 1-800-CDC-INFO (1-800-232-4636; agents speak English and Spanish) for more information.