* 1. Students will spend the class period today making their “First Year of Life” books. They will need:
     1. 1 cover (1/2 pg of paper)
     2. 3 pieces of white paper
     3. They will fold the cover, and 3 pieces of white paper in half
  2. On each piece of paper title the month and make three sections for notes: cognitive, emotional and physical development. Take notes from each month.
  3. Example: Month 1

Emotional: notes,notes,notes

Social:notes,notes,notes

Physical:notes,notes,notes

***They will spend 10-12 minutes at each station***

***These are meant to be a study aid for the students.***

First Month

**PHYSICAL**

Turns head, keeps hands fisted or slightly open

Movements are primarily reflexes, thrusts out arms and legs in play, startles easily (Moro reflex), keeps hands fisted, may hold head in line with back when pulled to sitting, sleeps, stares at objects but does not reach for them,

**SOCIAL / EMOTIONAL**

Eyes fix on mother’s face in response to smile, can make eye contact, stares at faces and responds by quieting, adjusts posture to body of person holding him, responds to human voice

**COGNITIVE**

Alert about 1 hour out of 10. Remembers object that appears within 21/2 sec, cries for assistance, quiets at being held or seeing faces, stares at an object but doesn’t reach for it.

Second Month

**PHYSICAL**

Reflexes disappearing can hold head up at 45degree angle for a few seconds, head can stay erect but still wobbly, holds objects for a few moments, body tone improves, may bat at objects, visually tracks items, stares at surroundings

**SOCIAL / EMOTIONAL**

Quiet self with sucking, responds to person’s presence with excitement, quiets in response to holding or voices, stays awake longer if interacted with, watches people, enjoys bath, and visually prefers people to objects

**COGNITIVE**

Excites in anticipation of objects, discriminates among voices people tastes proximity objects, studies own hand movements, coordinating senses

Third Month

**PHYSICAL**

When on stomach holds chest up and head erect for 10 sec, can lift head for many minutes, leans on elbows while on stomach, able to sit with support, facial expression body tone and vocalizing increase, when picked up can bring body up compactly. May sleep through the night, can view fingers instead of fist, visually seeks source of sounds, voluntarily holds and bats at a toy, follows slowly moving object with head and eyes

**SOCIAL / EMOTIONAL**

Smiles easily and spontaneously, crying decreases dramatically, gurgles and coos in response to sounds, reacts differently to mother’s presence, tries to attract parent’s attention. Smiles

**COGNITIVE**

Shows memory like waiting for expected rewards such as feeding, begins to recognize different family members, explores own face with hands, distinguishes speech sounds

Fourth Month

**PHYSICAL**

May roll from back to stomach or stomach to back, turns head in all directions when seated or lying down, holds head steady and erect for a short time, may make swimming motions and move in a crib, can focus at different distances, pulls dangling objects toward self and carries to mouth, splashes and kicks in bath, may hold small objects between index and second finger

**SOCIAL / EMOTIONAL**

Laughs while socializing, cries is play is disrupted, is interested in and may smile at mirror images, attempts to soothe self, vocalizes to initiate socializing, adjust responses to people, is quieted by music, and may interrupt feedings with play

**COGNITIVE**

Has responsive periods of an hour or more, has a memory span of 5-10 sec, smiles and vocalizes more to an actual face than to an image, becomes aware of distinctness of own act from external result, is interested in making new sounds and imitates several tones

Fifth Month

PHYSICAL

When seated or pulled to sit, balances head steadily and holds it erect, rolls from back to stomach or stomach to back, may locomote by rocking rolling and twisting on back by kicking against flat surface, brings feet to mouth and sucks on toes, has steadier grasp, raises hand near object and grasps, plays with toy placed in hand, may hold bottle with hands

SOCIAL / EMOTIONAL

Smiles or vocalizes to make social contact and gain attention, expresses protest; resists adult who tries to take toys, knows parents and siblings, may resent strangers-particularly other women, makes face in imitation, likes to play at mealtime

COGNITIVE

Utters vowel sounds and a few consonants (d,b,l,m)

Discriminates self and mother in mirror, looks around in new situations, wants to touch hold turn shake mouth and taste objects, leans over to look for fallen objects, can squeal grunt and blow raspberries, imitates sounds and movement deliberately

Sixth Month

**PHYSICAL**

Creeps by propelling self on stomach with legs and steering with arms, steers backward and forward, turns and twists in all directions, balances well when sitting, sits alone briefly, may sit unsupported up to half an hour, likes to play with food, has interest in self-feeding, may manipulate cup and hold a handle, while rolling from back to side and may bend self nearly into sitting position, turns head freely, develops taste preference.

**SOCIAL / EMOTIONAL**

Vocalizes pleasure and displeasures and grunts growls or complains, giggles and belly laughs, disturbed by strangers, smiles at mirror images, coos or hums or stops crying in response to music, turns when own name is heard

**COGNITIVE**

Inspects objects for a long time, has abrupt mood changes and different emotions, Primarily Moods – pleasure, complaint, temper. Can utter more consonant sounds (f,v,th,s,sh,z,m,n), likes to look at objects upside down and create changes in perspective, may compare two objects

Seventh Month

**PHYSICAL**

Balances head well, may crawl, pushes up on hands and knees and rocks back and forth, may move by raising and lowering buttocks while on back, may have 2 teeth, holds 2 objects simultaneously and one in each hand, may bang objects together, may love to suck on toes

**SOCIAL / EMOTIONAL**

Shows humor and teases, resists pressure to do something undesirable, pats at mirror image, is learning meaning of “no” by tone of voice, shows desire to be included in social interaction

**COGNITIVE**

More concentrated attention, greater interest in detail, responds with expectation to repetition of event or of signal, imitates sounds or series of sounds, most commonly makes sounds similar to ma,mu,da,di. Begins to learn implications of own acts, may associate picture of baby with self and give appropriate sound, plays vigorously with noise-making toys such as rattles

Eighth Month

**PHYSICAL**

Developing pincer grasp, can hold and manipulate one object while watching another, points and follows with eyed what someone else points tom crawls wither forward or backward, may crawl with object in one hand, uses furniture to pull self to standing position, stands with hands free while leaning against something, when held in standing position they can put one foot in front of the other, claps and waves hands, tastes everything

**SOCIAL / EMOTIONAL**

Pushes away undesirable objects, is attached to parents, may be wary of strangers, pats smiles at and kisses own image in mirror, shouts for attention, imitates people and behaviors out of sight and earshot, doesn’t like confinement

**COGNITIVE**

Can recall past events, examines objects as external 3-D realities, combines known bits of behavior into new acts, may say “mama and dada” as names

Ninth Month

PHYSICAL

Crawls with one hand full, can turn around when crawling, may sidestep or “cruise” along furniture, sleep problems may be caused by practicing standing in the middle of the night, clasps hands or bangs objects at center of body, picks up an manipulates 2 objects, may build a tower of 2 blocks, small objects with finger and thumb, uses handle to manipulate and drink from a cup

**SOCIAL / EMOTIONAL**

Imitates play, enjoys peek-a-boo, deliberately chooses toy for play, may be sensitive to other children and cries if they cry, may learn to protect self and possessions, begins to evaluate people’s moods and motives, imitates coughs tongues clicks…, wants to play near mother, performs for audience, repeats activity if applicable

**COGNITIVE**

Uncovers a toy he saw hidden, grows bored with repetition of same stimuli, may remember game from previous day, can follow simple instructions, fears heights, aware of vertical space

Tenth Month

**PHYSICAL**

May be able to raise self to standing position, climbs up and sown from chairs, sits down from standing position, walks holding on with both hands, carries 2 small objects in one hand, voluntarily releases object but does so awkwardly, begins to prefer one hand and side of the body, helps dress self, may differentiate use of

hands.

**SOCIAL / EMOTIONAL**

Seeks companionship and attention, grows aware of self and social approval, imitates gestures and facial expressions, shows moods, enjoys water play, responds to music by rocking bouncing swaying and humming, fear of strange places, begins to learn sexual identity, prefers one of several toys

**COGNITIVE**

Increasingly imitates your behaviors and actions, may repeat word incessantly by making an answer to everything, understands and obeys some words and commands, can point to body parts on request, opens drawers to explore contents, is interested in fitting things together

Eleventh Month

**PHYSICAL**

Cruises furniture, may stand on toes, may lean over while standing against support, may take a step or two without holding on, lowers self from standing position without falling, climbs up stairs, squats and stoops, picks up minutely small objects, deliberately places objects, may carry spoon to mouth, may pull off socks and untie shoelaces, lifts lid from box, turns pages of book but not necessarily one at time

**SOCIAL / EMOTIONAL**

Showa guilt, seeks approval and tries to avoid disapproval, enjoys such games as hide-and seek or rolling ball back and forth, is not always cooperative

**COGNITIVE**

Recognizes words as symbols for objects such as when hearing an airplane they point to the sky, still speaks gibberish with a few intelligible sounds, compares same act done with either side of the body, can imitate voice inflections and facial expressions, may say 2-3 words, experiments with means to attain a goal.

Twelfth Month

**PHYSICAL**

May climb out of crib or play yard, displays some combination of standing walking and cruising, gets self to standing position by flexing knees and pushing off from squatting position, climbs up and down stairs, lowers self to sitting position with ease, uses and reaches with preferred hand, likely to put one or two objects in mouth or under arm then grasp a third

**SOCIAL / EMOTIONAL**

Gives affection to humans and favored objects, resists napping, may have tantrums, reacts sharply to separation from mother, cares for doll or teddy bear by feeding cuddling and bathing, may demand more help than necessary from adult because it is easier, may refuse to eat foods fed by mother.

**COGNITIVE**

Identifies animals in picture books or magazines, responds to directions and understands much of what is said to him, babbles in short sentences, remembers events for longer periods, searches for hidden object even if she hasn’t seen it hidden but only remembers its last location