

First Year Escapades for Dads & Babies

BABY...

DAD...

DEVELOPS...

Follows things with eyes	Slowly moves bright objects side-to-side close to his face, and then up and down.	Visual skills, peripheral vision
Responds to sounds	Talk to her with different tones of voice and sing to her (she'll "coo" back sooner).	Sound differentiation, recognition
Intrigued by textures	Let her feel and explore your face, and things with textures around the house.	Tactile senses, exploration
Sees at close range	Show him his face in a mirror, make faces, stick out tongue. Baby may imitate you.	Perception, facial expression
Lifts head when on belly	Get nose-to-nose and talk to him; make tummy time fun, encourage mini-pushups.	Upper body and core strength
Tightly grasps things	Lie her on your lap and let her grasp your little fingers to do pull-ups as you talk.	Arm strength and coordination
Smiles, coos, laughs	Smile and laugh back. When he coos at you, mimic him (he'll light up).	Verbal skills, sense of humor
Sees color and distance	Turn out the lights, turn on a flashlight and shine it on colorful things in room.	Observation, inquisitiveness
Can stand while held	Stand her on your lap as she squats and jumps through full range of motion.	Leg strength, fast twitch muscles
Reaches for, grabs objects	Tour house with him in a front carrier and let him grab and feel safe things within his reach.	Hand-to-eye coordination
Rolls over	Put her on a blanket on the floor and place a toy just out of reach.	Strength, flexibility, determination
Imitates sounds	Sing a lullaby, rock 'r' roll or drinking song; repetition and enthusiasm are key.	Language skills, concentration
Moves objects hand to hand	Start him on blocks; let him bang them, build him something to knock down, help him build.	Fine muscle-control, creativity
Puts toes in her mouth	Dip her big toe in your ice cream cone and pop it in her mouth a few times.	Flexibility, surprise, delight
Inspects objects in detail	Give her interesting things/pictures of faces to inspect; point out features/names.	Ability to focus, attention span
Sits up without support	Invest in a backpack baby carrier and go on hiking adventures; start short.	Fascination with outdoors
Feeds himself	Let him use his hands and then guide his hand holding a spoon; prepare for a mess.	Independence, coordination
Crawls, scoots or rolls	Crawlers have 4-wheel drive, build an off-road course with cushions and sheets.	Strength, agility, motivation
Upper body strength	Roll her over and back, let her grab your face, raspberries on her tummy.	Strength, trust, toughness
Jabbers away	Jabber back with delight; read her anything; tell jokes; notice her jabber cadence.	Communication, personality
Learns objects' names	Tell names of things; ball, nose, toes, "da da", etc.; repeat regularly; cheer her on.	Language formation
Walks holding onto things	Set up a track where she can fall safely; encourage exploration by putting her toys out.	Exploration, determination
Bangs and throws things	Skills dads excel at! Start a kitchen band, play retriever to his throws, roll ball back.	Enthusiasm for sports, music
Finds hidden objects	Start with peek-a-boo, then teach her to find toys and other treasures.	Problem solving, motivation
Imitates you	Teach him "high five," touchdown, etc.; develop a "secret handshake".	Learning skills, socialization
Starts to say words	Your reaction to "da da" will quickly teach her to work you for all you are worth.	Communication, people skills
Stands, starts walking	She will be amazed at first; keep her safe, eventually play "I'm gonna get you."	Balance, risk taking, anticipation
Put toys away (really)	Teach him to play "cleanup": Babies like to pull things out; put them in containers.	Following directions, patience
"Draws" with a crayon	Encourage your budding artist; Let her chose a color and you can color along.	Imagination, fine motor skills
Loves balls, bathtime and flying	Go for it; balls everywhere, toys in the tub, and airplane rides complete with sound effects.	Desire to have great fun with dad

4th Quarter

3rd Quarter

2nd Quarter

1st Quarter