

## 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](http://cdc.gov/AmazingBooks)



Download  
CDC's Milestone  
Tracker App



Baby's Busy Day: Being one is So Much fun!



# Baby's Busy Day

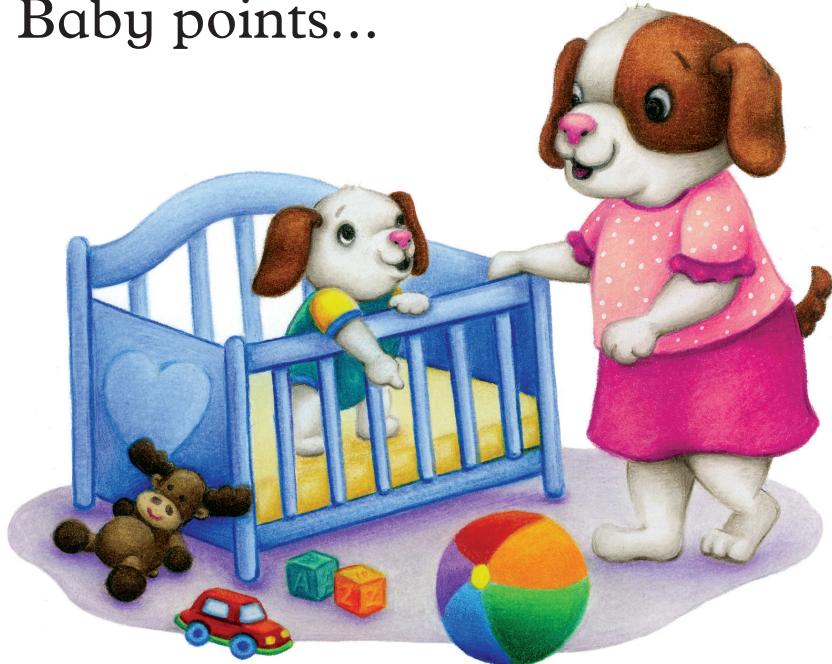
## Being One is So Much Fun!



Written by Ann Harrell

Illustrated by Allison Valentine

Baby wakes.  
Pulls up tall.  
Baby points...



#### MILESTONE

Points to show someone what he wants

Parents, look for the to learn what to expect from your baby by age 1, and the for how you can help.

Bouncy ball!



#### TIP

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

Baby helps put on clothes.  
Reach and stretch.



**MILESTONE**

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

Where's your nose?



**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.



 **MILESTONE**

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

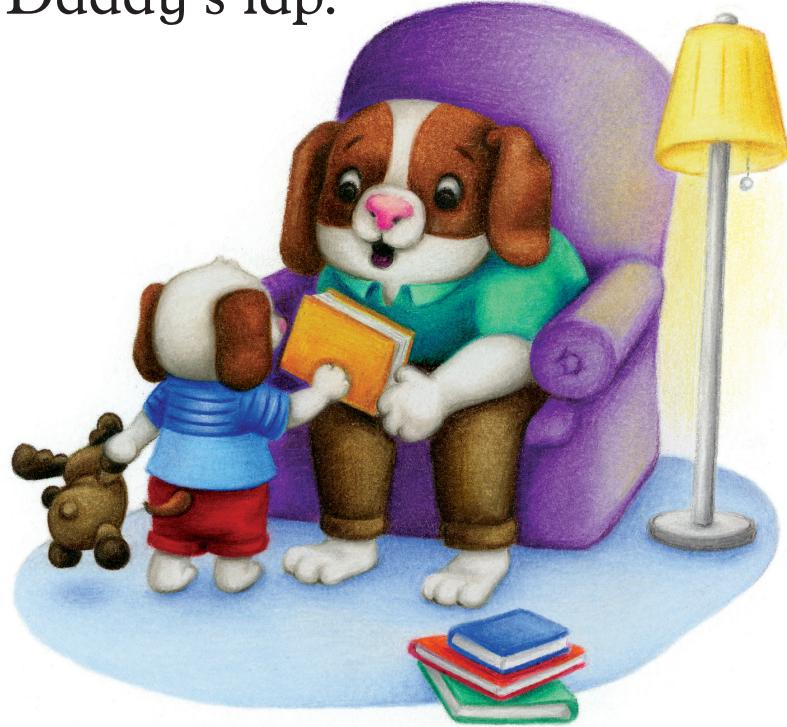
Have a bite.  
Crunch, crunch, crunch!



 **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.



**MILESTONE**

Has favorite people

Let's go play!



**TIP**

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

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](http://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](http://cdc.gov/Concerned) or call 1-800-CDC-INFO (1-800-232-4636; agents speak English and Spanish) for more information.



Download  
CDC's Milestone  
Tracker App

