Young Infants Birth to 8 months

How am I Doing?

My favorite story/book is: ________________________________________________
________________________________________________________________________

I love it when you sing: ________________________________________________
________________________________________________________________________

Sounds I make are: _____________________________________________________
________________________________________________________________________

You know how I'm feeling when: _________________________________________
________________________________________________________________________

As I Learn to Communicate, I:
- Cry
- Listen
- Smile
- Make sounds
- Respond to your voice

A guide for the Family of:

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### Ability to Communicate

<table>
<thead>
<tr>
<th>I am Learning:</th>
<th>You Might See Me:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Language Comprehension</strong></td>
<td>✦ Enjoy the sound of familiar books being read</td>
</tr>
<tr>
<td></td>
<td>✦ Show different responses to different tones of voice</td>
</tr>
<tr>
<td><strong>Language Expression</strong></td>
<td>✦ Respond with smiles and sounds like &quot;ba-ba&quot;, &quot;ma-ma&quot;</td>
</tr>
<tr>
<td></td>
<td>✦ Cry differently to let you know I am hungry or fearful</td>
</tr>
<tr>
<td><strong>Emotional Understanding</strong></td>
<td>✦ Respond to your facial expressions</td>
</tr>
<tr>
<td></td>
<td>✦ Begin to learn about feelings, such as happy, mad or sad</td>
</tr>
<tr>
<td><strong>Emotional Expression</strong></td>
<td>✦ Express my feelings by smiling, crying and fussing</td>
</tr>
<tr>
<td></td>
<td>✦ Show you I am surprised, curious or afraid</td>
</tr>
</tbody>
</table>

### You Can Help Me By:

- Talking with me about how you think I feel
- Helping me feel safe when you know I am anxious or fearful
- Sharing books with me throughout the day
- Singing to me and telling me stories

### What’s Next for Me?

- Understanding simple requests like, "Please give me your cup!"
- Starting to use simple words that have meaning.
- Expressing my feelings to you more clearly
**Young Infants Birth to 8 months**

**How am I Doing?**

My favorite toy is: __________________________________________

____________________________________________________________________________________

The game we play most is: ________________________________

____________________________________________________________________________________

I am most interested in: ______________________________________

____________________________________________________________________________________

You knew when I figured out: _________________________________

____________________________________________________________________________________

Place my photo here

| Early Care & Education  
| Early Childhood Division  
| Maine Department of Health and Human Services  

As My Curious Minds Develops, I:

* Explore  
* Discover  
* Remember  
* Understand  
* Solve problems  
* and Pretend

**Watch ME Grow**

**and Develop**

**My Curious Mind!**

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### Developing My Curious Mind

<table>
<thead>
<tr>
<th>I am Learning:</th>
<th>You Might See Me:</th>
</tr>
</thead>
</table>
| Exploration & Discovery | ✦ Turn my head towards the nipple, looking intently at your face  
✦ React and reach for things that interest me |
| Concept Development & Memory | ✦ Smile back at people I know  
✦ Look down after I drop a toy |
| Problem Solving, Symbolic Thought, Creative Expression | ✦ Drop a toy on purpose to get your attention  
✦ Stretch my arms toward you when I want you to pick me up |

### You Can Help Me By:

✦ Making sure that our day is predictable and has routines

✦ Providing safe, simple toys that I can explore

✦ Making it a game when I drop a toy by picking it up over and over

✦ Letting me be the leader in some of our play by following my interests

### What's Next for Me?

✦ Needing time to investigate and explore safely

✦ Remembering games we played and ask for toys I can't see

✦ Enjoying listening to, moving to, and making all kinds of music
**Young Infants Birth to 8 months**

**How am I Doing?**

Things that give me comfort: __________________________

________________________________________________________________________

________________________________________________________________________

I smile when: __________________________________________

________________________________________________________________________

When I see myself in the mirror, I: _______________________

________________________________________________________________________

I like it when my you: __________________________________

________________________________________________________________________

Watch ME Grow

into a Social Being!

As a Social Being I:

- Learn who I am
- Learn who you are
- Learn how to comfort myself
- Learn about feelings
- Learn about friendships

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### Development of Social Beings

<table>
<thead>
<tr>
<th>I am Learning:</th>
<th>You Might See Me:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-Awareness</td>
<td>✦ Explore my body by looking, chewing and reaching</td>
</tr>
<tr>
<td></td>
<td>✦ Begin to understand my world by making something move</td>
</tr>
<tr>
<td></td>
<td>✦ Comfort myself by sucking my thumb</td>
</tr>
<tr>
<td></td>
<td>✦ Connect with you through looks, gestures and sounds</td>
</tr>
<tr>
<td>Self-Concept</td>
<td>✦ Smile at myself in the mirror</td>
</tr>
<tr>
<td></td>
<td>✦ Find my own hands and feet</td>
</tr>
<tr>
<td>Adult Interaction</td>
<td>✦ Signal to you when I am full, wet or want attention</td>
</tr>
<tr>
<td></td>
<td>✦ Imitate your face and enjoy it when you imitate mine</td>
</tr>
<tr>
<td>Peer Interaction</td>
<td>✦ Look intently at another baby</td>
</tr>
<tr>
<td></td>
<td>✦ Reach excitedly toward another baby’s hair</td>
</tr>
<tr>
<td>Social Intelligence</td>
<td>✦ &quot;Light up&quot; and cuddle with people I know</td>
</tr>
<tr>
<td></td>
<td>✦ Frown and stare in unfamiliar places</td>
</tr>
</tbody>
</table>

### You Can Help Me By:

- ✦ Smiling at me and telling me what I've just done
- ✦ Trying to understand my different types of cries: hunger, boredom, wet
- ✦ Understanding I am learning and I need time to respond to my world

### What's Next for Me?

- ✦ Responding when you call my name
- ✦ Preferring certain toys and comfort items
- ✦ Participating in more daily activities with you
Young Infants Birth to 8 months

How am I Doing?

My favorite movement game is:________________________________________________
_____________________________________________________________________________________

Outdoors, I feel:_________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

When I'm on my tummy, I: ________________________________________________________
__________________________________________________________________________________________

Bath time for me is:____________________________________________________________
_____________________________________________________________________________________

Place my photo here

Watch ME Grow
into a Strong & Healthy Baby!

As a Strong & Healthy Baby I:
Use all my senses
Move around
Use my hands
Do things for myself
Explore the world safely

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### Strong & Healthy Bodies

<table>
<thead>
<tr>
<th>I am Learning:</th>
<th>You Might See Me:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceptual Development</td>
<td>✦ Know your voice &amp; smell from that of a stranger's</td>
</tr>
<tr>
<td></td>
<td>✦ Enjoy motion such as rocking, bouncing and being carried</td>
</tr>
<tr>
<td></td>
<td>✦ Look carefully at black, white and contrasting colors</td>
</tr>
<tr>
<td></td>
<td>✦ Prefer for different textures, bottle nipples, tastes</td>
</tr>
<tr>
<td>Gross Motor Skills (Large Muscle)</td>
<td>✦ Get better at holding my head up</td>
</tr>
<tr>
<td></td>
<td>✦ Work hard to roll over and sit up</td>
</tr>
<tr>
<td></td>
<td>✦ Use my hands and feet to clap and kick</td>
</tr>
<tr>
<td>Fine Motor Skills (Small Muscle)</td>
<td>✦ Follow objects with my eyes</td>
</tr>
<tr>
<td></td>
<td>✦ Grasp objects and bring them to my mouth</td>
</tr>
<tr>
<td></td>
<td>✦ Move objects from one hand to another</td>
</tr>
<tr>
<td></td>
<td>✦ Comfort myself by sucking my thumb or a pacifier</td>
</tr>
<tr>
<td></td>
<td>✦ Begin to use my fingers to eat and explore food</td>
</tr>
<tr>
<td>Self-help Adaptive skill</td>
<td>✦ Needing safe things to pull myself up on as I learn to stand</td>
</tr>
<tr>
<td></td>
<td>✦ Wanting to imitate you when you are cooking and cleaning</td>
</tr>
<tr>
<td></td>
<td>✦ Making a big mess when you let me feed myself</td>
</tr>
</tbody>
</table>

### You Can Help Me By:

- Giving me lots of time to play on the floor on my tummy
- Taking me outdoors in all seasons and letting me touch nature
- Playing lots of games like pat-a-cake and peek-a-boo with me
- Helping me learn to wash my hands while you wash yours

### What's Next for Me?

- Needing safe things to pull myself up on as I learn to stand
- Wanting to imitate you when you are cooking and cleaning
- Making a big mess when you let me feed myself