

Birth to 1: the Baby

Child's job: to take in whatever they can -- love, nourishment, attention, energy -- to survive and thrive.

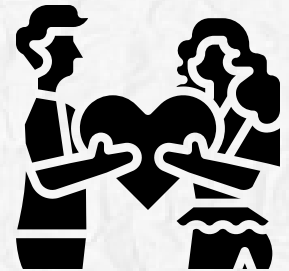
Parent's job: to protect and nurture baby because baby's life depends on it.

01 Helpless to survive and thrive on their own



02 Needs your care...by design!

03 Responds well to hugs, kisses, smiles, sweet talk, singing, reading, and other forms of nurture.



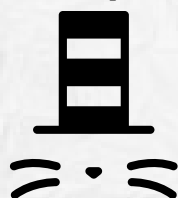
04 Very active learner, always watching, listening, smiling, talking (or cooing), reaching

05 Cries because they are hurting or need something.



06 Needs you to pay attention and respond when they want to coo, babble, talk, or smile at you.

07 Loves gentle movement like walking, rocking, and dancing, especially when you sing or hum.



08 Loves gentle games and rhymes, like peek-a-boo.

