

FIRST YEAR
JOURNAL JOURNAL **

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Birth Profile

Name:

Lívia B. Silva

Date: 11/03/2023

Time: 11:24

Weight: 3,51 kg

Height: 50,8 cm

Place:

Natal, Rio Grande do Norte, Brasil

Parents:

Letícia A. Borges Leandro M. Silva











Social and Emotional Development

At this phase, the most important social task is the development of attachment to the main caregiver who, in most cases, is the child's mother.

From birth and during the first years of life, the child develops his first social skill of trust, which is the relationship with the parents through the satisfaction of their basic needs, such as: changing diapers (when necessary), feeding (when are hungry) and comfort (when they cry).

This relationship is fundamental in building the child's social, emotional and personality development and, consequently, will define the child's interaction with parents, with others and with the environment.

Your baby's socio-emotional development can be observed when he:

- Interacts with other babies and the environment (social);
- Expresses emotions in situations of separation, transition, and (emotional) frustration tolerance.







Main Characteristics

- Smiles to a familiar face with a total body.
- Responds enthusiastically to Language.
- Uses voice to initiate socializing.
- Responds to people with babbles, smiles and laughs.
- Responds to own name with smiles.
- Wants to manipulate own bottle.







Motor Development

The baby moves all the time inside the mother's womb. After birth, this process evolves in a chronological and gradual line as the baby grows, rolling, sitting, crawling, walking and running.

At this stage, babies' movements involve two types of coordination:

Gross motor coordination (large muscles)

The baby demonstrates his gross motor coordination by using his large muscles, that is, crawling, sitting, standing, walking and running.

Fine motor coordination (small muscles)

It is demonstrated when the baby performs more delicate and subtle activities, such as holding objects such as toys, cutlery, handling books, eating one's own hands, etc.







. Main Characteristics.

- Grasps objects placed in palms.
- Attempts to grasp with thumb and forefinger.
- Clasps hands and plays with fingers.
- Gaining control of the head.
- Moves body back and forth.
- Attempts to move from place to place by rolling.







Cognitive Development

During the first year of life, babies explore the world through **sounds, vision and touch**.

Therefore, it is possible for a baby to accidentally suck their thumb and discover that it is pleasant. Then he can repeat the action, simply because he liked it.

In the first few months of life, babies cry when an object or person is taken from your sight.

This is because they **do not understand that the object/person continues to exist**, even if he can't see it.

That's why they cry when their parents go to work, or when a toy goes out of reach, for example.







. Main Characteristics

- Recognizes familiar voices and faces.
- Alert to sounds.
- Explore the world with the hands.
- Explores hands and feet.
- Prefers people to objects.
- Awake and alert for longer periods of time.







Language Development

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At birth, the baby tends to be attracted to the sounds of the human voice, especially the mother's voice. In most babies, babbling begins between **3 and 6 months**, usually in response to the sounds of the parents talking.

Generally speaking, the first real word is pronounced between **10 and 13 months**, when most babies will learn to say "mama", "dada", "baba".

Around **18 to 24 months**, babies begin to say two words together. When this happens, they quickly assimilate the importance of language in communication to satisfy their needs.

We can observe the development of babies' language through their receptive and expressive reactions when we talk to them. Therefore, it is very important that you talk to your baby.







Main Characteristics

- Responds to people's voices.
- ✓ Interested in various sounds.
- Visually follows to find sources of sounds.
- Facial reactions to various tones in voices.
- Enjoys and responds to music.
- ✓ Whimpers, gurgles, squeals and giggles.













"We affectionately dedicate this Diary to Grandma Verônica. Although the distance prevented her from closely following this wonderful phase of Lívia's growth, I hope that this memory always remains alive in her memories."

Affectionately, Letícia and Leandro.

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