

# SOCIAL & EMOTIONAL DEVELOPMENT

## What to expect in your baby's *first year*

In the early months, your baby will express their feelings by crying and by quieting with your attention and touch. Within the first three months your baby will start to watch and follow you with their eyes, begin to smile when you are around, and recognize your voice.



1

As they grow and become familiar with their surroundings, your baby will begin to interact more – moving their arms and kicking their legs in response to a situation, smiling, and being playful. At four to six months, their facial expressions will reflect joy, interest, anger, fear, disgust, and surprise. Around six months they will begin to laugh!

2



Between six and nine months babies develop a powerful bond with their caregivers and the significant people in their lives. Your baby will develop a memory and a preference for loved ones.

3

Around nine months, many babies begin to cling to familiar adults and experience stranger anxiety, where they demonstrate fear and uneasiness around people they don't know well. Your baby may also cry or react strongly when you leave the room or leave them in the care of someone else.



4

At nine months to one year, your baby will feel secure in their attachment with you and start to explore more. This may coincide with crawling and walking. While crawling and walking has your baby moving independently, they are confident to do so because of the bond you have developed with them over this first year.



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