

ZERO

TO

ONE

THE PHASE
WHEN



AND ONE
MEZMERIZING BABY



CONVINCES YOU,

NOBODY
SLEEPS,

EVERYBODY SMELLS,

"I NEED YOU NOW."







YOU'VE NEVER KNOWN SLEEP DEPRIVATION LIKE THIS.

Maybe that's why every book on babies seems to be primarily dedicated to keeping them happy (stop the crying, please!) or helping them sleep longer (so you can sleep longer).

YOU'VE NEVER REALLY SMELLED LIKE THIS.

When faced with the choice between sleep or a shower, there are days (no one's counting how many) when cleanliness doesn't win out. The smells aren't all bad though. Just watch how long it takes grandma to lean over and sniff a new baby the first time they meet.

YOU'VE NEVER BEEN NEEDED LIKE THIS.

Your baby needs you more desperately, more consistently, and more frequently than at any other stage of life. They need you to feed them, clean up their messes, and help them get to sleep. They need you to comfort them, smile at them, and entertain them. And although the days are long, and the tasks feel demanding, only one thing matters most at this phase—you show up.

IT'S JUST A
PHASE

SO DON'T
MISS IT



YOUR ROLE IS TO
EMBRACE
THEIR PHYSICAL NEEDS

Birth is the first crisis of life. Your baby has arrived in a world where they don't know the language and have very little control over their body. Babies are quickly forming first impressions about themselves and the world. When you respond with consistency, cuddle often and engage their senses, you help to lay a critical foundation of trust.

**THINKS LIKE
AN ARTIST**

You help them learn when you...
ENGAGE THEIR SENSES.

**WANTS TO KNOW,
"AM I SAFE?"**

You capture their heart when you...
ESTABLISH TRUST.

**IS MOTIVATED
BY SAFETY**

You coach their moral abilities when you...
RESPOND WITH CONSISTENCY.



YOU WILL GIVE YOUR BABY A FIRST IMPRESSION
OF THEIR HEAVENLY FATHER.

When you EMBRACE your baby's physical needs, you give them an early impression of love and care so they can learn to trust. But practically, when you embrace your baby's physical needs you also help them...

**KNOW GOD'S LOVE.
MEET GOD'S FAMILY.**

Every week you have an opportunity to...

**PRAY WITH THEM.
CONNECT WITH A FAITH COMMUNITY.
ESTABLISH A RHYTHM IN YOUR HOME.**

Take advantage of your daily routine.

**MORNING
TIME**

SET THE MOOD
FOR THE DAY.

Smile and greet them with words of love.

**DRIVE
TIME**

REINFORCE
SIMPLE IDEAS.

Talk to your baby and play music as you go.

**BATH
TIME**

WIND DOWN
TOGETHER.

Provide comfort as the day draws to a close.

**CUDDLE
TIME**

BE PERSONAL.

Spend one-on-one time that communicates love and affection.



YOUR BABY IS CHANGING...

PHYSICALLY

- » Lifts their head and chest (3-4 months)
- » Reaches for objects and rolls over (4-6 months)
- » Sits up and grabs with two fingers (6-8 months)
- » Crawls (6-10 months)
- » Stands unsupported/maybe even walks (11-12 months)

MENTALLY

- » Experiences the world through five senses
- » Mildly aware of everything and learning fast
- » Learns best from things that respond to them (people over screens)
- » Enjoys music, dramatic expressions, silly voices, and things that make you look ridiculous

VERBALLY

- » Has distinctive cries and makes vowel sounds (0-6 weeks)
- » Turns toward your voice and makes consonant sounds (3 months)
- » Mimics your tone and "babbling" (6 months)
- » Understands simple words (9 months)
- » Understands around 70 words and says "first words" (12 months)

EMOTIONALLY

- » Gives the first social smile (6 weeks)
- » Mirrors expressions (2 months)
- » Distinguishes happy faces from sad faces (4 months)
- » Turns away from strangers to show fear (6 months)
- » Shows surprise at loud noises (7 months)

PHASE:

A TIMEFRAME

IN A KID'S LIFE WHEN YOU CAN

LEVERAGE

DISTINCTIVE OPPORTUNITIES TO INFLUENCE

THEIR FUTURE



YOU HAVE 936 WEEKS AND COUNTING...

.....
IT'S JUST A
PHASE
SO DON'T MISS IT
.....



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