

K12 Stepping Stones

Phases of Development: Birth to One Year Old

What's Going on with my Baby?

Security

You meet your baby's needs every time you feed her, clothe her, change her diaper, and hold her. This list might not feel impressive to you, but what you are doing is very important to her development. By meeting your baby's needs, you are giving her security. When your baby knows that she can trust you, she will have the ability to trust others, including God.

How Do I Share my Faith with my Baby?

As a parent or caregiver, you have the ability to influence your child's faith more than anyone else because of the sheer amount of time you have together that no one else has. Even babies can develop a foundation of faith! As you communicate love and security to your baby, you can introduce him to the love of God in a developmentally appropriate way.

The Bible teaches us that we should make talking about God part of our everyday life:

⁵Love the Lord your God with all your heart and with all your soul and with all your strength. ⁶These commandments that I give you today are to be on your hearts. ⁷Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸Tie them as symbols on your hands and bind them on your foreheads. ⁹Write them on the doorframes of your houses and on your gates.

Deuteronomy 6:5-9

The above passage tells us that we should talk about faith with our children, and talking to them about our faith should be natural. You can tell your child about God every day, any time of the day, but there are natural rhythms built into most family's schedules that will lend themselves to these learning opportunities. During these times, look for opportunities to teach and to show your faith:

- **Morning Time**
- **Drive Time**
- **Cuddle Time**
- **Bath Time**

What Do I Want my Baby to Know?

He is loved by you, and he is loved by God. Tell him!

"Mommy loves you! You know who else loves you? Jesus!"

What Can I do to Encourage my Baby's Faith?

At this age, babies learn by interacting with you and the world around them. You can teach your baby about God's love in the following ways:

- **Meet her needs:** Your baby will learn to trust you. This ability to trust will allow her to one day trust God, too.
- **Pray:** You can pray any time. Look for natural moments to pray to God aloud for your baby to hear.
 - *Morning Time:* "Thank you, Jesus, for this new day!"
 - *Drive Time:* "Dear God, please be with those in the ambulance."
 - *Cuddle Time:* "Dear Jesus, thank you for my sweet baby. I pray she will love and follow You when she grows older."
 - *Bath Time:* "Thank you, God, for making my baby's fingers and toes."
- **Sing:** Babies love the sound of their parents' voices (even if they're off-key!). Sing songs about God or simply celebrate God's gift of music!
- **Read:** Read to your baby; she is not too young. Hearing you read will help her develop language while you introduce her to Bible stories or values you want her to learn. Click [here](#) for book ideas.
- **Go to Church:** Pick a service time and attend that service weekly. You will help your baby develop a sense of security about church when she sees the same Nursery volunteers week after week. You will also introduce her to those in your community who love God and love your family.