



My First Birthday Party

Use a first birthday party as a warm opportunity to meet and notice other people.

Helps Your Child Grow



Relationships with Adults

Starting with the most familiar guests and meeting others gradually helps your baby feel secure with you nearby and warm up to a wider circle of people.

Steps

- A first birthday gives your baby a chance to interact with more adults while familiar caregivers remain nearby.
- Begin by observing the people, sounds, and setting together so your baby has time to settle.
- When your baby smiles or babbles with a familiar friend or relative, stay close and let the interaction continue.
- If your baby moves closer or offers a toy, step back slightly and let the other adult lead while you remain available.
- Tell guests what helps: speak softly, avoid reaching to pick up the baby immediately, and let your baby choose whether to approach.
- Watch for a smile, reach, or movement toward someone and support that small attempt to connect.

Tips

- For your baby's first birthday, invite a small group of close family members and friends so the gathering does not feel overwhelming.
- Respect your baby's pace with less-familiar guests. Do not press them to wave or smile; give them time to watch and warm up.

Observations

- ☐ Greets more people while staying close to you
- ☐ Uses a familiar way of interacting to begin greeting a wider circle of people