



TERATOGEN RESOURCE SERIES

TER-11

First Year Development Observation Diary

A personal diary for recording a baby's development, strengths, changes and observations during the first year of life.

darksideofmedicine.org

Version 1.1



First Year Development Observation Diary

Purpose: A personal record for noting development, strengths, changes, support and information from family, education and health professionals over time.

IMPORTANT

Children and young people develop in different ways and at different rates. The prompts are optional and are not a checklist of what someone should be able to do. Record what is useful to you.

Things I May Wish to Notice

Communication - how the child communicates, understands others and expresses needs, ideas or feelings

Movement & physical development - movement, coordination, balance, fine-motor skills, stamina and everyday physical abilities

Learning & thinking - interests, attention, memory, problem-solving and ways of learning

Social & emotional development - relationships, play, confidence, emotions and responses to different situations

Sensory experiences - responses to sound, light, touch, movement, food, clothing or other sensory experiences

Daily living - sleep, eating, dressing, toileting, routines and increasing independence where relevant

Supporting Information

You can keep clinical letters, therapy reports, nursery or school records, assessments, photographs and other relevant documents with this record rather than copying them out.

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My Observations

Date / age	What I noticed	New skill / change / strength	Support / context	Photo / record / note

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Professional, Nursery, School or Support Information

Date / age	Who / service	Information / observation	Action / support	Document / where kept

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Changes, Strengths & Things to Remember
