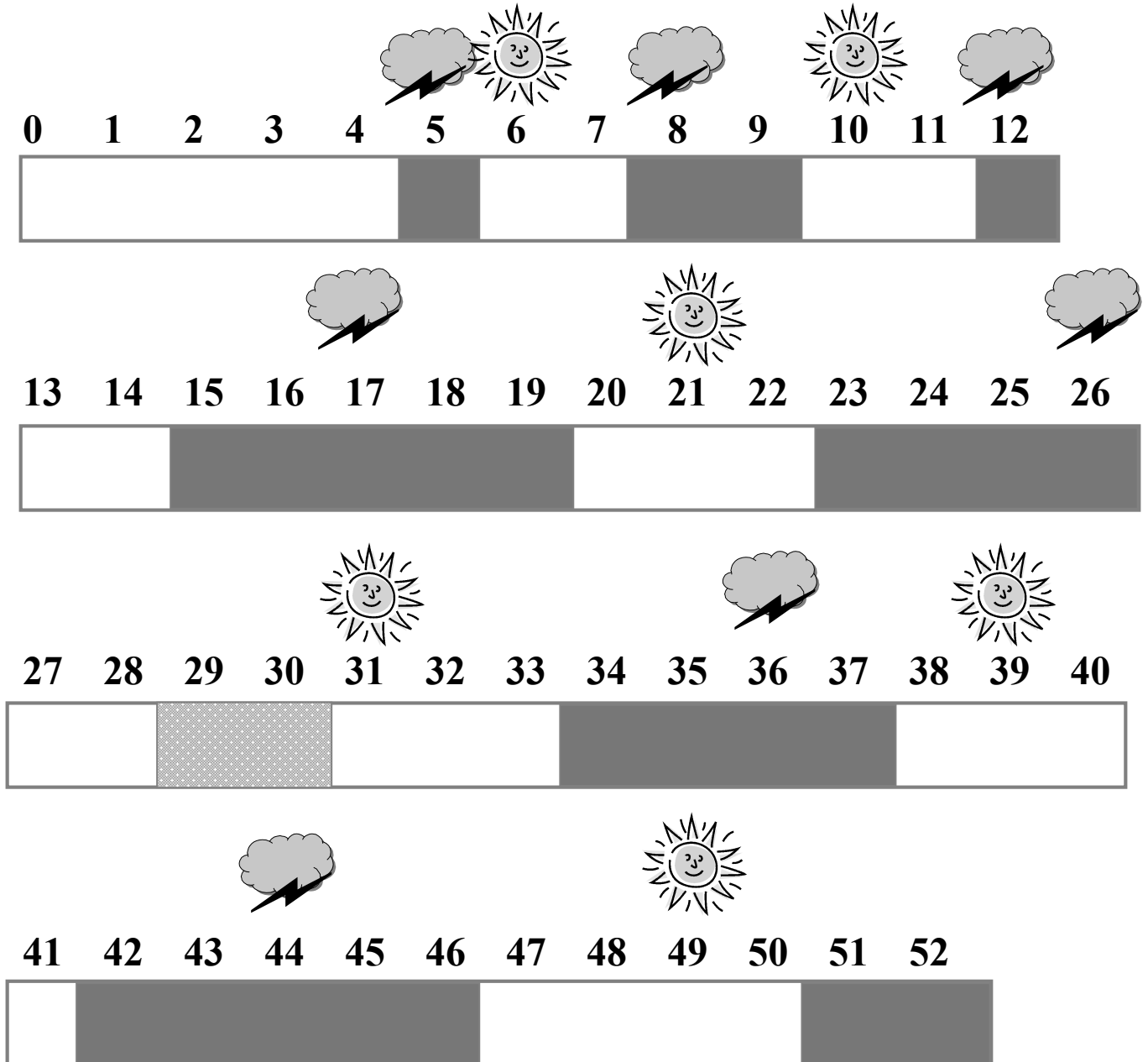




Development Chart

0 – 12 Months

Understanding Why Babies Go Through Clingy Phases



*Further developmental phases occur at 55, 64 and 75 weeks.
 Several more have been documented throughout childhood.*



Baby will be more clingy now



A Stormy, clingy period



Baby is more settled now



Baby is well, settled and happy



Baby being clingy or unsettled at this time 29 or 30 is not a clingy period. Baby has just discovered mum or dad can walk away

The Development Chart

Much research has been done on the major developmental leaps that a baby goes through in its first year. This chart outlines the 7 major leaps which are understood all babies go through. Each leap is preceded by what is called a 'clingy period' when the baby becomes more demanding, cranky, cries a lot and is generally less settled. This is followed by a 'blissful period' when they settle again and then begin to demonstrate their newly acquired abilities and skills.

The amazing and wonderful thing is that all babies go through these difficult periods at almost the same time, give or take a week or two, during the first year of their lives.

These 7 developmental leaps are not the same as physical growth spurts, although the two may occasionally coincide. Many of the common milestones for a baby's first year of development such as cutting teeth, are also unrelated to these leaps in mental development.

Milestones in mental development may, on the other hand be reflected in physical progress, although they are by no means limited to this.

The Chart Explained

On the chart the black areas indicate the approximate period when the baby will become more clingy than usual.

The Cloud indicates when the baby is in the climax of that period where they will be most unsettled and cry most.

The Sunshine indicates when the baby is through the development period and now starts to show it's newly acquired abilities and is generally much easier to handle and is very settled.

Calculating the Timings on the Chart for Your Baby

Most important: the dates on the chart are calculated from the date of conception. Therefore, if your baby was born two weeks early then calculate the first clingy period as two weeks later than shown. Assume that week 0 is the due date of the baby.

What is this Development Phase Like for the Baby?

When a baby is born it goes through a dramatic change from being in the womb. The womb was a safe, warm place with regular patterns and sounds. Being born is a huge shock to them. As the weeks go by the baby settles into its new world slowly. Now as it develops it encounters major changes. Each developmental leap brings big changes which come as a shock as their now familiar world is turned upside down – a bit like being born again. Can you imagine suddenly finding yourself in a different world where everything was different to what you knew? Well this is what it is like for the baby And it clings on to what it knows for settlement and security which is usually its mum.

What Happens After a 'Clingy Phase'?

This is normally a wonderful time for both parents and baby. The baby is now much happier and settled. It is more independent and cheerful again. What is striking here is that some of what the baby is now exploring or has the skill for was not possible before the leap.

Each change is unique which brings with it new perceptions allowing the baby to learn new skills which belong to the new phase. Each phase builds upon the foundations of the one before. Sometimes it acquires new skills sometimes it improves upon previously acquired skills.

Remember each baby is unique. Its timings are unique. While one baby may intensely explore one area or skill another might sample a little of everything.

Source: Why They Cry – Understanding Child Development in the First Year by Hetty Van De Rijt and Frans Plooij