

# First Steps, Birthday Prep & Toddler Transition

Celebrating milestones and preparing for the toddler years ahead.

## Supporting First Steps

- Furniture arranged to support cruising (walking while holding on)
- Barefoot or soft-soled shoes indoors for better balance and grip
- Safe, soft flooring in main play areas
- Encouragement through short supported walking practice

## First Birthday Prep

- Photos and milestone memories collected from the past year
- Smash cake or first-birthday-safe treat planned, if celebrating
- Guest list and simple celebration plan made
- Growth and development recap ready for the 12-month checkup

## Toddler Transition

- Transition from bottle toward open cup or sippy cup begun
- Wider variety of table foods introduced
- Nap schedule starting to shift toward one nap per day
- Toddler-proofing reviewed again as mobility and curiosity increase

*Child Shop A — Trusted baby & toddler essentials in Bangladesh*

*This checklist is general guidance only and does not replace advice from your pediatrician or healthcare provider. Always consult a doctor for concerns specific to your baby.*