

# YOUR TWELVE MONTH OLD



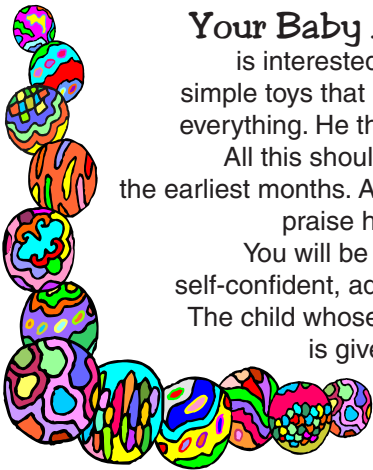
## Now and in the next few months, your child will:

- ♥ Pull up to standing with support
- ♥ Look for objects dropped from sight
- ♥ Remember parents after short absence
- ♥ Imitate two-syllable words like “baby” or “uh oh”
- ♥ Understand “no” and other commands
- ♥ Try walking but is likely to use crawling for efficiency
- ♥ Search for objects that are hidden
- ♥ Have difficulty with separation from parents
- ♥ Show awareness of her own behavior (temper tantrums, testing, guilt at being caught)
- ♥ Wave good-bye and plays peek-a-boo
- ♥ Show increased attachment to Daddy
- ♥ Become aware of strangers, again
- ♥ Gain weight more slowly as activity increases
- ♥ Show affection with hugs and kisses



## TOYS OF INTEREST

- ♥ Balls (bigger the better)
- ♥ Cups
- ♥ Toy telephone
- ♥ Books with stiff pages
- ♥ Anything with handles or knobs
- ♥ Soft toys
- ♥ Boxes



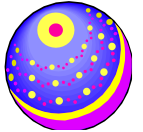
## Your Baby At Twelve Months

is interested in small objects and simple toys that move. He feels and tastes everything. He throws things and explores.

All this should be encouraged from the earliest months. Applaud his efforts, clap for him, praise him, and love him.

You will be helping him become self-confident, adventuresome and curious.

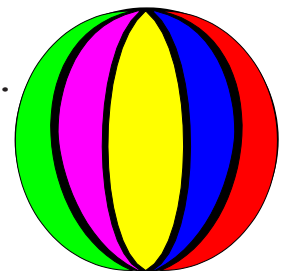
The child whose abilities are encouraged is given a gift for life.



## PARENTING HINTS

- ♥ Your child is practicing life. With her greater ability to get around, she practices movement and sounds, social and listening skills. This is an exhilarating learning time for her.
- ♥ Choose flexible shoes that fit well. Planning for too much growth increases chances of tripping.
- ♥ Limit your “no” to important areas and be prepared—his “no” is just beginning.
- ♥ Fear becomes more a part of her life. The most common fear is about separation from parents and what is familiar. Be gentle and don’t ridicule or force her to confront fears.
- ♥ In the coming months you may see more testing and negative behavior. He isn’t as easy to distract from “bad” behavior as before. You may see his shyness beginning.
- ♥ Now that she is upright, new dangers are everywhere. Be even more thorough than before in eliminating hazards. This is the age she can grab things like your coffee cup, the bowl from the coffee table and everything else.
- ♥ Language is increasing at a rapid rate. He needs to have lots of opportunities to talk with you and listen to you.
- ♥ Give her freedom to move around and explore her environment after you remove breakables and dangerous items.
- ♥ Take her to the dentist now for a pleasant introduction.
- ♥ Let your child be in control of his eating. Avoid eating problems, by presenting food, and letting him choose with no pressure. With his increased activity, he will probably eat more.

**P**arents are the ones who know their child best. You are your child's first and most important teacher and advocate.



## FIRST TEACHER DEVELOPMENTAL CARDS

Each child’s rate of development is unique. Some general guidelines help most parents determine how their child is progressing. In *Baby Steps*, Claire Kopp, Ph.D. recommends that if by the end of this first year your child cannot sit, does not show familiarity toward some people, cannot be comforted when upset, pays no attention to gestures or makes no sounds of letters, it would be worthwhile to have her developmental skills checked by your doctor.

