

What It's Like To Be 12 Months Old?

How I Grow

- I love to stand and crawl, and I am learning to walk.
- I may insist on feeding myself.
- I try to dress or undress myself, but I still need lots of help.
- I like to climb up and down stairs & may climb out of my playpen or crib.
- I hold things with one hand while I am doing something else with my other hand.

How I Communicate

- I repeat words I know - it's good practice.
- I babble away phrases that sound like short sentences
- I make up my own words to describe objects or people.
- I wave bye-bye.
- I point and use gestures to help you understand what I want.

How I Respond

- I trust people that I know well, but may still be afraid of strangers and unfamiliar places.
- I may have temper tantrums when I don't get what I want.
- I know what I like and don't like, and have favorite toys and people.
- I may not want to take naps because I am very busy exploring, playing and learning.

How I Understand

- I hunt for a toy, and even if I don't find it right away, I can remember where I saw it last.
- I keep trying to do something and may even solve the problem through trial and error.
- I follow simple directions.

Date _____
Weight _____
Height _____
Head Circumference _____
Next Appointment _____

How I Feel

I feel great that I have a personality on my own.

I'm developing a sense of humor and think a lot of things are funny.

I still don't like being away from you, and feel better when you return.

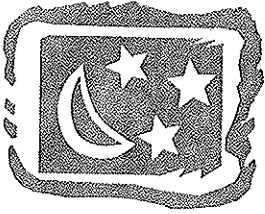
I feel secure and happy when eating meals with my family.

I feel and show love and affection to my favorite people and things.

From Parent Express, a publication of Human Relations Program, University of California cooperative Extension, Berkeley.
University of California Board of Regents (used with permission)



Buncombe County Health Center services & employment opportunities are offered to all people regardless of race, color, national origin, sex, religion, age or disability.



Good Nights: Solutions for Bedtime Battles

As toddlers grow more active and independent, bedtime may become a challenge. Toddlers' sleep patterns often change and suddenly they try new ways to avoid bedtime! Having a consistent routine and expectations for bedtime is very important at this challenging time.

Develop a Bedtime Routine That You Can Stick With Every Night. A story, quiet music, familiar songs, or other quiet activities often help calm and soothe toddlers.

Prepare Your Child for the Transition to Bed. Let your toddler know a few minutes before that bedtime is coming. This gives your child time to finish playing and get used to the idea of bedtime.

Let Your Toddler Slip into Sleep Slowly. Use soothing music, a bath, cuddles or a story in your bedtime routine to help your child relax and fall asleep slowly.

Let Your Child Cuddle. A comforting object like a stuffed animal or a blanket can help with sleep.

Use a Night Light for Comfort. Darkness can be scary for toddlers.

Try Not to Use the Bedroom as Punishment. Toddlers may begin to think their room is a bad place if they are sent there for time out.

Make Sure Daytime Naps Aren't Interfering with Nighttime Sleep.

Decide On a Plan of Action. If your toddler's cries and protests are becoming a problem, talk to a doctor, nurse or child development specialist at your doctor's office about a plan to help your child go to bed. All caregivers need to agree to the plan and use the same strategies. Give the plan a chance to work and remember that things may get worse before they get better.

How Can I Help My Child Learn to Talk?

Here are some activities for you and your child to do together to help them learn to talk.

Sing

- Sing simple songs with your child. Children like to listen and learn the new sounds, rhythms, and words in songs.
- Add hand and facial movements to songs. Children can learn to connect these movements with the meaning of the words. One way children learn is by imitating.

Make Language a Game

- Say, "1,2,3...GO!" when you take the child down from the changing table, out of the crib, or stroller. Let the child say "GO" with you.
- Play peek-a-boo with your child. Hide your face with your hands. Move your hands and say, "peek-a-boo!" Your child may look surprised, smile, and laugh. Children also like to hide their faces. Learning to take turns is an important part of talking together.

Talk with Your Child During Daily Activities

At Bath Time: Name body parts

At Meals: Name foods the child is eating
Name things on the table like plates, bowls, spoons
Use simple directions like, "Give Mommy the cup."

At Bedtime: Say "night-night" to family, friends, pets, and toys
Read a short book together

Use Simple Expressions:

All gone

Bye-bye

Where's mommy? (use a brother's or sister's name too)

Call your child by a nickname or baby name.



Reading With Toddlers

12- 18 Months Old



I like books

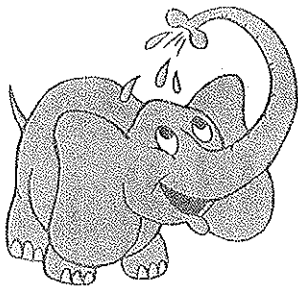
- With pictures of animals and other children
- About bedtime and saying good-bye and hello
- With simple rhymes and repeating phrases
- With only a few words on each page
- That I can chew or carry around

When you look at books with me:

- I like this special time together.
- Point to the picture and talk with me about them.
- Show me words - run your fingers along words as you read them.
- Let me turn the pages.
- I like it when you ask me questions about the story and give me time to answer.
- Remember, I may only be interested in a book for a few minutes.
I'll sit longer as I get older

What I learn when we look at books:

- I learn to pay attention for a short time.
- I point at pictures and learn words.
- I may enjoy looking at several books one after another.
- I learn familiar pictures when we look at the same book over and over.



WATER PLAY

9 - 18 Months

BURPING BASTER

What you need: clear plastic cooking baster & dishpan filled with water.

- Show your baby how to squeeze the ball of a baster to blow out and take in air. Let your baby try it.
- Put the tip of the baster into the water and squeeze. Watch it fill with water.
- Squeeze again to squirt out the water and make bubbles.

SUPER SCOOPERS

What you need: spoons, coffee measurer, ladles, measuring cups and dishpan filled with water.

- Encourage your baby to scoop and pour water.
- Play with "scoopers" at bath time.

SPONGE SQUEEZE

What you need: brightly colored sponges & dishpan filled with water.

- Put the sponge in the water and let it absorb the water. Squeeze the sponge over your child's hand - does it tickle?
- Wet the sponge and let your child squeeze the water out.
- Play with sponges at bath time.

WASHING FUN

What you need: washcloth or sponge, child-safe items like spoons, dolls and toy cars & dishpan filled with water.

- Wash the items with your baby.
- Encourage your baby to think of other things to clean.

****Note:** Children should always be closely supervised near water. Fill the tub with NO more than 2-3 inches of water.

Toy Suggestions for Young Toddlers

A sturdy, unbreakable full-length mirror.

A few simple washable dolls.

A doll bed and carriage.

Several lightweight cars and trucks.

A few small wood or sturdy plastic people or animal figures.

Lightweight blocks and press-together blocks such as Duplos.

A variety of 3-5 piece puzzles with knobs.

Large colored pop beads.

Shape-sorters, pop-up toys.

Foam/wood/plastic pegboard with large, blunt ended pegs.

A variety of sturdy books for children to handle and additional books for adults to read.

Sturdy paper and large non-toxic crayons.

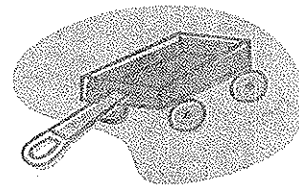
Simple musical instruments.

A variety of push and pull toys.

Several types and sizes of balls.

Stable ride-on toys with four wheels & without pedals.

Low soft climbing platform or tunnel for crawling through.



Selecting Toys for Young Toddlers

- ❖ Choose toys that let your child use their imagination. Play materials such as blocks or stacking cups let your child decide what they will become; a set of stacking cups can be a tower, tea cups, or boats in the bath tub.
- ❖ Pick playthings that grow with your child. Blocks used for towers this year can be used to make castles and farms in the years to come.
- ❖ Choose simple toys. A wooden car to push along offers more play opportunities than a battery-powered racer.
- ❖ Remember, girls like boys' toys and boys like girls' toys! Kitchen items, dolls and toy trucks are things that appeal to boys and girls at this age.



Playtime Safety Checklist

- ✓ Electrical cords secured or out of reach
- ✓ Toys have no small pieces or strings
- ✓ Breakable items are out of reach
- ✓ Furniture with sharp points or edges are padded or removed
- ✓ Stairs and hazardous areas or equipment are screened off and carefully monitored