

The Growing Years

Healthy Start... *where good results begin*

Months 11 and 12

Your Baby Wants You to Know

How I Grow:

- I stand by myself for a moment or two!
- I hold a toy in one hand and pull myself up on my feet with the other hand.
- I may even wave while standing, and turn around without falling down.
- I walk if you hold onto both of my hands.
- I hold a pencil or crayon and love to make marks.
- I may walk, but I still prefer to crawl because it's faster!
- I may also try to do other things while walking, like wave to you or pick up my favorite blanket.
- I stand by pushing up from a squatting position.
- I climb up and down stairs if I get the chance.
- I may even be able to climb out of my playpen or crib.
- I use my index finger to point at things.
- I try to dress or undress myself, but I'm not very good at it yet.
- I insist on feeding myself.

How I talk:

- I know that words are used to identify things.
- I may use one word to mean a whole thought.
- I babble and mumble gibberish a lot.
- I repeat a few words I know. It is good practice.
- I babble phrases that sound like short sentences.
- I make up my own words to describe objects or people.

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How Baby Is Changing

Standing up and "cruising" around the room by holding furniture keeps your little one very busy. He may even take a few steps on his own. Some babies like standing up so much they refuse to sit down! This will wear off eventually.



In the meantime, you may have to diaper a baby while he's standing, or keep a special toy just for diapering to get him to lie down. Don't let him stand up in the highchair.

The desire to walk is so strong; it may even interfere with eating and sleeping. Try sticking with foods you know your child likes so that his appetite stays strong.

It may be hard for your baby to relax and go to sleep. He may rock or bounce in his crib (take casters off if the crib moves). A backrub or rocking in a rocking chair may help him relax so he can drift off to sleep.

Baby may be able to say several words, and he understands even more. He learns new words by hearing you talk to him. Point out colors, shapes and objects to help him learn.

Your baby may recognize some people now even if they change their hair, glasses, or grow a mustache. His memory for people is improving, but he is still afraid of strangers.

By now, baby can make a tower out of two blocks, and he understands some complicated ideas like "up and down," "big and small." Toys, like shape-sorters, that let him fit small pieces into bigger ones are special favorites at this age.



Your Baby Wants You to Know (Continued)

How I Respond:

- I copy everything I see, and then do it my own way.
- I try to get your approval, and hide when I know you are not pleased.
- I may test you to see what I can get away with.
- I trust people I know well.
- I imitate people, even if they are not around.
- I am still afraid of strangers and unfamiliar places.
- I am very definite about my likes and dislikes.

How I understand:

- I see your expression and copy it. I'm learning from you!
- I try to bark or meow when I see a dog or cat. I am learning how people, animals, and things work.
- I like to look at pictures in books and magazines.
- I know that tools will help me, like pushing a chair in front of me to steady my walking.
- I remember more because my memory is getting sharper.
- I hnt for a toy and remember where I say it last.
- I may be able to solve a problem through trial and error.
- I have favorite people and toys.

How I Feel:

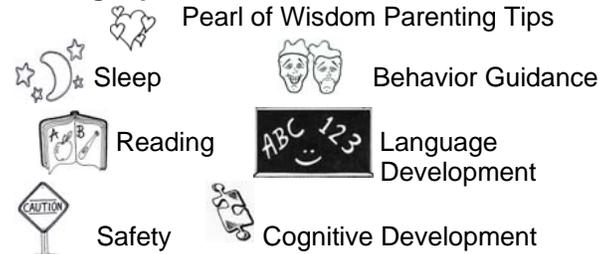
- I may cling to you, especially in new situations.
- I love to shake my head and say "no" even when I mean "yes".
- I may cry, scream, and have tantrums if I don't get my way.
- I feel guilty when I do something wrong.
- I'm starting to have a sense of humor and think some things are funny.
- I still don't like being apart from you. I feel relieved when you return.
- I feel and show love and affection to my favorite people and things.

How You Can Help Me Learn:

- Roll a ball on the floor for me to crawl after.
- Help me practice turning pages of cloth or cardboard books. Soon I'll be able to do it alone.
- Let me hold cans and boxes of food at the grocery store. Show me pictures and tell me what they are.
- Dance with me! I love to listen to music.
- Find or make me some nesting toys to play with.
- Read to me.
- Give me simple demands to follow. I like to run little "errands" for you.
- Share lots of hugs and kisses with me.

Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. This is important: look for and notice your child's growth in each area. Then you can encourage each new area.

Watch for these symbols to find articles on the following topics:



Recliner Chair Safety Warning

Children have been hurt or killed in recliner chair accidents. These children were between 12 and 30 months old, alone in the room and climbing on the leg-rest of the chair.



A child's head and neck can become trapped between the leg rest and the chair, if the chair folds up.

If you have a recliner chair, be sure to

1. Always keep it in an upright position when it's not in use.
2. Do not let a child play on the leg rest, even with an adult sitting in the chair.

Consumers should report any accidents with recliner chairs (or with any baby products) to the Consumer Product Safety Commission at 1-800-638-CPSC (this is a free call).

Two Minutes of Fun

Some parents think they must set special times aside to play with their baby to teach her new things. That's fine, but sometimes you don't have big blocks of time.

Children are happy with lots of little bits of time and attention. They learn to amuse themselves, with your help.

It takes less than two minutes to:

- Give baby a hug and a kiss
- Tweak her toes.
- Play pat-a-cake or peek-a-boo.
- Show baby her nose or chin. Or show her your nose.
- Admire her shoes.
- Show baby a picture or two in a book.
- Tickle her tummy at bath time.
- Lift her over your head.
- Point out a pretty leaf or flower.
- Give her a big smile.



Build Your Child's Self-Esteem

How do you want your child to feel about himself? Do you want him to grow up thinking he is a good person, able to handle things in his life? Do you want him to get along with others and share his feelings? The way a person feels about himself is called "self-esteem." High self-esteem means someone feels good about himself. Children with high self-esteem are better able to succeed in school and in life.

Self-esteem begins at home. If you want your child to feel good about himself, you have to feel good about him and let him know. How can you do this? Tell him that he is important to you. Share lots of hugs, kisses and smiles. Give him some of your undivided attention each day and really listen to him.

When your child does something you don't like, you can choose to correct him in a way that

won't hurt his self-esteem. Don't yell at him and tell him he is a rotten kid. Instead, say, "I get mad when you..." He'll learn without feeling like a failure. Be fair and consistent; teach your child to make good choices.

Try to point out at least five things he does right each day. You can say, "I like the nice way you are petting the kitty" or "Look at how well you stack those blocks!" or especially, "You are playing with your sister very nicely."

Say "please" and "thank you" to your children. Children are people, too. When you say please and thank you, they learn to respect themselves and others.

Take Baby Shopping

Do you take your baby to the supermarket with you? Some children really enjoy this. Others are over-excited by all the colors, smells, and noises and "act-out" with challenging behavior.

If your child can take the stimulation, grocery shopping can be a fun outing. You can help your baby to learn in the supermarket by talking to him and pointing out the different foods.

When you choose some apples you can say "We need four red apples. See? One, two, three, four." When you get cereal, show her the box, shake it, and let her see what is in it when you get home.

You might want to bring a toy from home or let baby hold something unbreakable to keep her little hands busy. Don't let your baby stand up in a grocery cart. Use the seat strap or bring one from home to keep her seated.

Research shows that children who do well in school have had these types of learning opportunities while they are very young.

If shopping is too over-stimulating consider taking your child out to do other types of errands or for other outings. Trips to the bank, to the library or for a walk at the park make great outings.



Coping with Temper Tantrums

Babies get frustrated and mad sometimes when they can't do what they want. Sometimes getting stuck halfway up the stairs and not getting a cookie can set off a temper tantrum.

What can you do when baby is howling and kicking and screaming? That depends. If baby is upset because he can't get back down the stairs or sit down when he's standing, teach him how. Soon his abilities will match his desires.

If baby is upset because he can't have a cookie or play with your glasses, try to interest him in a different activity or object. If this doesn't work, ignore the tantrums. Read, look out a window or turn the other way. Do not even look at him, but stay nearby.

When he sees that you are not paying attention, he will eventually quiet down. Once he is calm, give him a hug and a little understanding. His strong emotions are a little scary for him!

What if the temper tantrum is in a public place, like a grocery store? This is harder. Once again, try to interest your baby in something else, like a toy or picture on a cereal box. Once a tantrum has begun, you may just have to put up with it.

Your child is not the first child to have a tantrum in public, and he won't be the last. Even the people who frown or make comments have probably gone through it themselves. Ignore them.

Don't be tempted to spank your baby when he's having a tantrum. He is already out of control. It scares him even more when you are out of control and angry too. Resist the urge to "do something." In the long run, doing nothing will make the tantrums go away sooner.

Don't Worry About Baby's Eating

If your baby is very active, you may notice a slowing down of weight gain. That is because your baby is using more calories for his constant activity.



The fact that your baby may not be gaining as much weight as before doesn't mean he isn't healthy. A fat baby is not necessarily a healthy baby. At this age, babies should be developing muscle tissue, not fat.

Worrying about what your baby eats or doesn't eat will only make both of you nervous. Don't expect him to clean his plate or eat "just one more" mouthful. Trust him to be the best judge of how much to eat.

As baby moves around and explores, he is becoming more independent. He may insist on feeding himself. Or he may be a little scared by his new abilities and cling to you at mealtimes. He may even refuse to hold his cup or spoon and demand to be fed.

Whether your little one is a clinger or a self-feeder, try to be calm and patient. It will pay off in fewer feeding problems now as well as later.

What to Feed Baby

Serve your baby **whole** milk starting at 1 year of age. Your child should drink whole milk up to age 2, and this should be served in a cup. Whole milk should be served in a cup at meal times and water should be offered in a cup between meals. By 14 months of age, your child should be drinking exclusively from a cup.



Allow your child to feed himself. This is a messy, but fun process. Placing a plastic liner or newspaper under his high chair will help with clean up.

Your child is learning a lot during family meal times; continue to make eating together a priority. Talk with your child throughout the meal. Allow him to touch his food. Do not leave your child alone when he is eating.

Serve bite size finger foods such as soft, cut up fruit like bananas, small chunks of cheese, cold, unsweetened cereals, soft cooked vegetables. Let him have a baby spoon to play with and begin to learn to feed himself with. By the time



your child is 1 year old he should eat foods like the rest of the family. Offer a variety of foods.

Water Safety

Water play in the bathtub, pool or beach can be a lot of fun for baby, but it can be dangerous too. Here are some tips to make water time safe and fun:



- 11 to 12 months is a good time to start swimming lessons if you are willing to keep practicing. Otherwise, your baby will forget and may become afraid of the water.
- Flotation devices are fun, but they are not a substitute for a watchful parent. Never leave a young child alone near water, even for a minute.
- Swimming lessons and floating toys do not prevent drowning. Teach your child to wait for an adult before getting into water.
- Watch out for small amounts of water, too. Babies have drowned in buckets and open toilet bowls because their heavy heads trap them if they fall in.
- If you have or use a pool, teach proper poolside behavior. Don't allow running or horseplay around the pool. Never leave a pool half-covered. A child could get trapped under the cover.
- Don't let your baby swallow lots of water when swimming; it could make him sick.
- Use a waterproof sunscreen to prevent sunburns.
- Learn CPR so you're prepared in case of an accident.

Good Days and Bad Days

Do you know that all parents have bad days? Every parent sometimes feels frustrated.

Taking care of a young child can leave you feeling that you never have a moment to yourself unless you find it some time after midnight, and then it may be interrupted by a small cry. Besides that, if you are like most parents of young children, you can hardly keep your eyes open after 8 p.m.

You may wonder if someone else has found an easier way to do the job. On bad days you

might secretly ask yourself if you are doing something wrong.

No one knows a short cut to being a good parent. It is common for parents to ache a little physically and feel emotionally bruised. Take heart; you probably aren't doing anything wrong. A lot of weariness goes with being a parent. It may help to remember that these bad days usually are followed by some good days and that all these days will pass as your little one becomes less demanding.

Young children need parents who try to be their best with them, but that doesn't mean we succeed 100 percent of the time. When you are not feeling okay, try not to worry about whether you are a super parent or a super family.

Infants and toddlers can be demanding. If you sometimes feel that you are at the end of your rope, call a good friend just to let off some steam and to talk. Just because you sometimes feel you can't cope with your little one doesn't mean you don't care about or love your child, and it doesn't mean you can't be a good parent. It simply means you are responsible enough to know when you need help. If you have other concerns or feel unable to cope for more than a few days, talk to your medical provider.

Games for Growing

A Mirror Game

Here is a mirror game you can play with your baby to help him learn what he looks like.

How to Play:

- Put your baby on a bathroom counter in front of a mirror. Stand behind him and point to his reflection.
- Using his name, say, "I see Johnny. Where is Johnny? Find Johnny." Encourage him to point to himself in the mirror. "Here's my nose. Here's Johnny's nose."
- Do the same thing with toys and other objects. Pick them up one at a time and move them behind your baby's head. Bring them out into view on one side or the other. Your baby will love this!



- Name the objects and tell baby something about each one, such as "This is a ball, and it's round."
- Ask baby, "Where is the ball?" and encourage him to point to it in the mirror.

Learning Abstract Ideas

How does a child learn ideas, like up and down, big and small, shapes, colors, time, and numbers? With your help! Research shows that much of learning takes place in the home. Parents are very important teachers!

In the first two years, your child's play helps him pick up basic concepts like texture, size, taste, sound, shape, color, smell, and temperature. With these ideas, he can sort out his world into things that are similar and different.

Children learn best with the approval of a caring adult who shows interest in what they do and talks to them about it. It helps to have new and different things for your baby to play with.

Here are some ideas to help your baby learn about:

Size:

- Different sized cans: orange juice, baking powder, tuna, shortening, coffee or soup (make sure there are no sharp edges).
- Sets of measuring spoons, mixing bowls, pots and pans.
- Daddy's shoes and baby's shoes.
- Large boxes, a paper grocery bag, or a laundry basket to crawl into.

Shapes:

- Finger foods (cheese cubes, banana circles, apple triangles, sandwich squares, cooked noodles).
- Shape-sorter toys. Buy or make one.
- Household items to match up circle to circle, box to box.

Sounds:

- Pot lids to crash as cymbals, wooden spoons to ban on an oatmeal box "drum".
- Salt boxes filled with beans or rice. Tape the box shut for safety.

Volume:

- Play dump and fill games. Use water in the bath or sand in the sandbox.
- Drink from different-sized cups.

Watch your child to get more ideas for things to play with that help to show abstract ideas. You can learn together.

Baby's Health

Your baby should be seen for a well child check up when he turns 1 year old.

It is also recommended that your one year old see a dentist for the first time. Continue to brush your child's teeth twice daily. Make it a fun activity by allowing your child to help, have him brush your teeth with his toothbrush and then you brush his. Toothpaste should not be used until you child is old enough to understand how to spit it out, rather than swallow it.

Reminder:

Your baby needs to remain in a rear-facing position in her car seat until she is BOTH 1 year AND 20 pounds. The rear-facing position is safest, so continue this as long as you are able to.

Sleep: Regular bedtime habits are usually established by one year. It is normal for your child to have some irregularities in their sleep patterns. This is often because of something going on in her life, such as learning a new skill like walking or teething.



Typically this will pass quickly. Try to be as consistent as you possibly can with bedtime routines, but also try to build a routine that is flexible enough that you can follow it when you are not at home.

Events such as vacations or illness can also disrupt your child's sleep routines.

Remain calm if she struggles with returning to routine; this helps her stay calm, too.

Discipline: Setting Limits

Your child understands some words and may even be able to say a few herself. But she can't think about what might happen, and she can only decide between the most basic choices.



This means you have a challenge ahead: to help your child learn your rules so she can eventually learn to manage her own behavior. How can you do this? Here are a few suggestions:

Be Brief: Your child understands short, simple phrases. You should give reasons for your rules, but long involved explanations will not be helpful at this age.

Be Clear: Baby can understand the difference between splashing and not splashing in the bath. She cannot know that "splashing is OK if you don't get too much water on the floor." Keep things simple for now.

Be Specific: Tell your child what she can't do and what she can. If she is throwing blocks tell her, "Blocks are not for throwing. Here, stack the blocks like this." Be ready to remove her or take away the blocks. Or you could give her a soft toy that is OK to throw. This focuses on positive, rather than negative behavior.

Be Consistent: A child can adjust to small differences in the rules set by two parents, or by parents and child care providers. But don't forbid an activity (like jumping on the bed) one minute and allow it the next. It's good to be flexible sometimes. But most of the time, try to make up your mind what you want and be firm about it.

Feelings are OK: Sometimes children do things that make parents angry. When you feel angry, admit. But don't make baby feel like a bad person just because she did something bad. And don't scare her with feelings that are too scary.

Say in a firm voice, "I'm really angry that you did that." She knows how you feel. When you admit you are angry without yelling, calling

names or hitting, you help her deal with her own angry feelings. She will express her own anger without hurting others.

Questions and Answers

Q. My baby likes to take off all her clothes and run around naked. How can I stop her from doing this?

A. Baby sure is growing up, isn't she? A few months ago she was just turning over. Now she is coordinated enough to pull her clothes off, but not enough to put them back on.

It is not unusual at this age to check on baby in her crib and find her naked and giggling, proud of her new skills.

To slow her down, choose clothes that are harder for small hands to unfasten, like one-piece outfits, overalls, and clothes with small buttons.

You can also try putting clothes or sleepers on backwards, so baby can't reach the zippers.

If baby pulls off disposable diapers, you can buy special "pants" to wear over them, so baby can't reach the diapers.

Differences in Boys and Girls

Parents sometimes treat boys and girls differently, and react differently towards them. They may give toy trucks to boys and dolls to girls.

They may get upset if a boy picks up a doll and plays with it because they think a doll is a girl's toy. The same thing may happen when a girl plays with a toy truck or car.

Although your child is still a baby, it's not too early to think about your own attitudes about sex roles. Now is a good time to look at the messages you want to give about "what little boys and girls are made of."

Here are some questions to help you sort out your attitudes:

- Do I hold back hugging my son just because he is a boy?



- Do I expect less toughness and drive from my daughter than I would from a son?
- What kind of adult roles should I prepare my child for?
- How will his or her world be different from mine?

Prevent Childhood Poisoning

You know that your child likes to put things in his mouth and taste them. You may not know that children eat poisons (like mothballs or drain cleaners), even if they taste bad. Only as we get older do we learn that bad-tasting things may be harmful.

It is up to you to protect your child from poisons in your home. Here is a room-by-room list of common household products that are poisonous:

Kitchen:

Dishwasher soap, oven cleaner, floor and furniture polish, ammonia, lye. (These products are caustic, and cause severe mouth and throat burns as well as poisoning when swallowed. Never induce vomiting if a caustic substance is swallowed).

Bathroom:

Medicines (prescription drugs, aspirin and Tylenol, vitamin and iron pills, tranquilizers, birth control pills, cold and cough medicines), cosmetics, drain cleaner, toilet water, disinfectants, perfume and rubbing alcohol.

Laundry:

Bleaches and detergents.

Storage/Garage:

Kerosene, lighter fluid, gasoline, paint and paint thinner, turpentine, weed killer, pesticides, rat poison, fertilizer.

Other Areas:

House plants, tobacco, any alcohol, mothballs, paint chips.

Think ahead to prevent poisoning:

- Put poisonous products in a locked cabinet or up high out of children's sight and reach. Put them back after use.
- Look up the phone number for your local poison control center and keep it by every phone in the house (1-800-222-1222).
- Never put a poison in a container that was once used for food or drink. Someone may think it is food and eat it.
- Don't take medicine in front of your children, or tell them that their medicine is "candy".
- Watch out, other people's homes may not be childproofed.

If poisoning occurs:

- Try to figure out what was swallowed. Keep the containers. If the child vomits and you don't know what was eaten, keep a sample for chemical analysis.
- If the child is awake, call Poison Control (1-800-222-1222) or the doctor right away. Even if the child seems OK, some treatment may be needed. Time is very important.
- If the child is unconscious, call 911. Begin CPR if the child is not breathing.

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Remember, this fact developmental mailing describes a typical child at each age. Each child is special and each child develops at his or her own pace. Perfectly normal children may do things earlier or later than those described in this mailing. If you are concerned about your child's development, see your medical provider.

This developmental mailing gives equal time and space to both sexes. That's why we take turns referring to children as "he" or "she." When we use he or she, we include all children. Fathers, partners, and other significant adults all play an important role during pregnancy and in childrearing. When we specifically refer to "fathers," the information may also apply to partners and/or other significant adults involved in childrearing.

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