



Health, Activity,  
Nutrition, Development,  
Safety, Together

# My Development 9-12 Months

Issue 4

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For Further Information, consult the book *Babies Best Chance or Toddler's First Step* either online or at your local Public Health Office.

Langley Early Child  
Development  
Committee

## Inside this issue:

By twelve months...

Things I like...

Things we can do together

Health

Development

Nutrition

Safety

## By twelve months, I can...

- Point to things that interest me
- Move from sitting to crawling
- Move by crawling on hands and knees
- Walk holding onto your hands or around furniture
- Make different sounds like babbling and tongue clicks
- Understand simple directions ("wave bye") and respond to my name
- Pick up small items using tips of thumb and first finger
- Put 1-2 toys into containers
- Copy some sounds and actions
- Start games with you (i.e. peek-a-boo, roll ball)
- Show you what I need (i.e. with sounds, actions, emotions)
- Eat a variety of table foods (different tastes and textures)

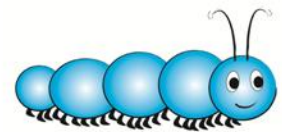


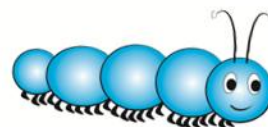
## Things I like...

- Give me floor time to practice moving around.
- Place toys on low tables and couches to help me practice standing.
- Hold me under my armpits to practice walking. When I am steadier, hold my hands.
- Bath time is a fun time for us to play together.
- Sing or play music for me to move to.
- Hide toys under a blanket for me to find.
- Give me a cupboard or box to explore. Fill it with safe objects of different shapes, sizes and feel.
- I like to hug stuffed toys.
- I roll a ball to you so that you can return it.

## Things we can do together...

- Have fun with me by crawling over couch cushions on the floor.
- I will look to you for comfort when I am unsure or upset.
- Help me understand my feelings by naming them (i.e. angry, sad, afraid).
- Share a book with me every day.
- Take me for walks outside for fresh air.
- I copy some sounds and actions. Make fun sounds such as uh-oh, vroom, and meow. Show me simple hand movements so I can tell you what I need.
- Talk to me about what is happening throughout the day to help me learn about my world. I understand more than I am able to say.





## Nutrition

- I need healthy foods and breastmilk/formula. Give me water in a cup between meals. If you give me fruit juice, limit it to  $\frac{1}{2}$  cup/125 ml per day.
- I use my fingers to eat a variety of soft foods cut into small pieces, and I may be messy. Offer a spoon.
- I learn to eat by watching others. Include me in your meal times.
- If you are concerned that I have allergies, please contact a health professional.
- Once I am eating regular meals and a variety of family foods, I can sometimes try whole milk. Soy, Rice or nut milk is not recommended for young children.
- Playing with my food may mean I am full, tired or sick. Do not force me to eat.

## Health

- I am getting more teeth which may make me cranky; a chilled teething ring may help. Brush my teeth twice a day with a small amount of fluoride toothpaste\*.
- If I tug on my ears and seem fussy, I may have an ear infection. Check with a doctor.
- If I have a fever that continues or worsens over time, take me to a doctor.
- It is time for my 12 month immunization, first dental visit and vision-screening.
- I am moving around and touching more things. Throughout the day, remember to wash my hands and objects that I put in my mouth.

## My Development...

- I can move from sitting to crawling and back again.
- It is important for me to crawl on hands and knees. I will walk when I am ready.
- I use furniture or other objects to stand up and move around.
- My feet should be flat on the floor most of the time when walking or standing.
- I take toys out of a bucket and am starting to put them back in.
- I use the tips of my thumb and finger to pick up small items.
- I make my own sounds and may copy yours.

- I point to things and use my voice to share my interests with you.



## My Safety...

- I can easily choke on small foods like nuts, popcorn, marshmallows, and candies.
- Never leave me alone near water without an adult to watch me. Drowning only takes a few seconds and very little water.
- Watch for and remove small things that I can put in my mouth. Never let me play with balloons or plastic bags.
- Join me at my eye level to childproof my world. Protect me from the stairs, fireplace, outlets, plants and the cords from appliances and blinds.
- Baby walkers are dangerous and slow down crawling and walking skills.
- Have emergency numbers posted by the phone.
- Buckle me into a rear facing car seat that is right for my age and size. Make sure that it is installed correctly