

Infancy Visit #25

- 11 Month Growth & Development
- Babies, Books, Music & TV/Media



Topics for Next Visit:

- PIPE: Love is Letting Go
 - Parenting Styles
 - Circle of Security

Month 11: What's New?

MY FAVORITE THINGS

Toys or Games

Stories

Playmates

Foods

People

Places

Learning about me...

I laugh the most when:

I am the most curious when:

Learning about you...

You've been a parent for almost a year. How is it going?

Answer the following questions. Use a scale of 1 to 5.

1=Never 2=Rarely 3= Sometimes 4= Often 5 = All the time

- a. I can achieve my life goals and take care of my baby. _____
- b. I can get time away from baby to enjoy friends or hobbies. _____
- c. I can balance my parenting tasks with other tasks (like work, school, or home). _____

Look back at your answers. How could you increase your score by one point for each question? Write your answers here.

- a.
- b.
- c.

Dad's Days: 11 Months



STOP!

Babies need limits. They learn to listen when you say "No." They learn to stop when there is danger. As they get older, they learn to stop unsafe or unwanted behaviors. Babies are happier when they have consistent limits. They learn when to stop and when to go. This is the basis for learning self-control.

Give baby only a few rules to work on at a time.

Rules we have for baby right now:

Dads are great at childproofing. Childproofing keeps baby away from things that are dangerous or valuable.

Ways we have childproofed the kitchen:

Ways we block access to things that could hurt baby or things baby could break:

Sometimes you can distract baby from getting into things. Then you don't have to say NO and STOP as often.

I can distract baby with something more fun by:

Month 11: What's Next?

At eleven months I might:

- Imitate someone who is scribbling
- Look at the correct picture when it is named
- Like certain people or toys more than others
- Finger feed myself

You can help me learn!

- Use paper & a large crayon to show me how to scribble. See if I will imitate you.
- Read to me. Hold me in your lap & hold a book where I can see it. Say a word. See if I will point to the picture. Let me explore the pages.
- Offer two foods & see which one I choose. Let me reach or point to the food I choose.
- Let me feed myself with my fingers. Use foods with different textures, like cereal & cooked peas.

SAFETY CHECK

We have a smoke alarm.
We check the batteries regularly.

No one smokes in bed.

We have a fire plan in our home.

We know about "stop, drop, and roll."



Babies and Books

Read to your baby! Your baby will learn to love books. Your baby can learn so much!

Choose sturdy books. Babies like to pull on books. They will chew on pages. Board books are strong and hard to damage.



Keep it simple. The story is not important to babies. Babies like great pictures, colors, textures and fun words.



Talk about it: Tell baby about the pictures on the page.

Cuddle with baby. Hold baby on your lap as you read. Reading time can be great for bonding.

Let baby choose. Keep baby books where baby can reach them. Baby can choose books and bring them to you.



Books to read to baby:

"Goodnight Moon" by Margaret Wise Brown

"That's Not My..." series by Fiona Watts

"I Love My Mommy Because" by L.P. Gaylord & A. Wolff

"The Runaway Bunny" by M.W. Brown

"Mama, Do You Love Me?!" by Barbara Joosse

"Hair" by S. Cisneros

You can get
these books in
Spanish, too!

* If you would like to learn to read better, go to
<http://www.literacydirectory.org>. You can find a reading program near you!

Babies and Music

Music can be a great part of your life. It can be a great part of baby's life.

What kind of music do you listen to? What do you like about it? How does it make you feel?



| A favorite song: | What are the words? Do they talk about women, children & families in a positive way? | Is there a video? What is shown? Is the video okay for families to see? |
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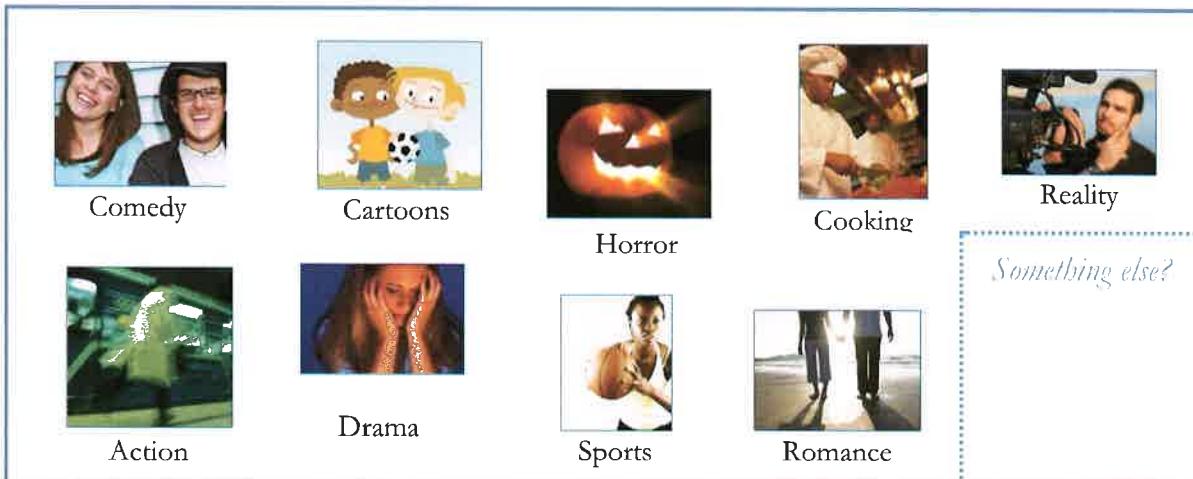
How can music affect baby?



**Not too loud! My little ears are delicate.
Loud music can hurt!**

Babies & TV/Media

Watching TV & movies is part of many people's lives. What movies and shows do you like to watch? Circle the kind of shows that you like.



When it comes to babies and media, there is a lot to think about. You can watch TV and movies on lots of different devices and babies can be fascinated by those buttons! Some parents think babies can learn from media. Some parents don't want baby to watch any TV or play with digital devices. Some parents use TV to distract baby.

Use the table below to think about your baby and media.

| What are some ways I think media could help my baby? | What are some other ways baby learns this same thing? |
|--|---|
| | |

Babies & TV/Media

The American Academy of Pediatrics has tips about media:

- For children under 18 months, screen time is discouraged except for video-chatting.
- For children 18-24 months, choose media wisely and use with your child. Avoid letting them use media by themselves.
- For children age 2 and older, limit screen time to 1 hour or less. Co-view if possible!



What I think about these ideas:

Consider developing a personalized [Family Media Use Plan](#) and sharing with other caregivers so limits are followed consistently.

Guidelines for Watching TV

If you watch TV with baby, here are some good guidelines to follow:

- Choose specific shows to watch. When the show is over, turn off the TV. Don't leave the TV on all the time.
- Watch TV together. Be sure baby is not feeling scared, alone, or confused.
- When baby is older, talk about the shows you watch. Talk about:
 - What is real
 - What is not real
 - What is right
 - What is wrong
- Turn off shows that are upsetting to you or to baby.
- Turn off the TV when no one is watching it.
- Watch adult shows when baby is asleep in another room. Keep the volume down. Don't let baby see shows that are scary or violent.
- Think of things you can do with baby without the TV. Plan these things into your day. You can teach baby to be playful and creative.



What I think about these tips:



Gestures & Meanings

- I can use gestures like showing and pointing to get you to notice what I am interested in.
 - Hold up my spoon just to show it to you
 - Wiggle my hand like I am trying to wave
 - Show you a block from the tower that just crashed
 - Tap a picture I want you to notice in a book
 - Point to the light to get you to notice it

Language



Sounds & Words

- I can use speech sounds together as if I am "talking" to you.
 - Use speech sounds like *mama*, *baba*, or *dada* when we interact
 - Combine sounds as if I'm talking to you when we're getting my shoes on
 - Use a string of sounds together while we play a hiding game
 - Use different sounds while we are having a snack together
 - Use speech sounds as if we're having a conversation

Play



Using Actions with Objects

- I can use functional actions with several objects.
 - Hold my sippy cup to my mouth and drink
 - Put finger foods in my mouth by myself
 - Put your phone to my ear and listen to grandma
 - Wipe my face with a napkin and drop it in the trash
 - Turn a page in a book

Social Sharing with Objects

- I enjoy taking turns exchanging objects with you.
 - Roll a big ball or truck back and forth with you
 - Take turns putting a silly hat on your head, then on mine
 - Give you a toy that won't work so you'll fix it
 - Bang on a toy drum, then laugh and look at you when you drum on it too
 - Hold out my hand for you to give me some cheese, then give you a piece

Social Interaction



Intentional Communication

- I can get you to notice me and things I'm interested in.
 - Wiggle my body and make a silly sound to get you to dance with me
 - Point to a picture in a book I want you to see
 - Tap or point to a magnet on the refrigerator to get you to name it
 - Pick up a leaf and show it to you when we are walking in the backyard
 - Climb up in your lap when you are talking on the phone so you'll pay attention to me

Emotional Regulation



Regulating Challenging Moments

- I can hang in there during a necessary activity and do things to make myself feel better.
 - Look at you and reach to request my pacifier for comfort when it's time for a diaper change
 - Settle down when you hand me a bib to hold while I wait for my lunch
 - Calm down from fussing when you give me a sock to hold while you dress me
 - Take the washcloth you offer to help wipe my face after getting messy
 - Choose a favorite toy to play with while you buckle me in my car seat

Self-Directed Learner



Creating New Ideas

- I watch you and try to do something with you or take on a job I can do with a little help.
 - Try to get the spoon to my mouth after you help me scoop up some yogurt
 - Rub my hands together with soap when you tell me to and then help you turn off the faucet
 - Watch you put a puzzle piece in and try to put one in myself
 - Wave and say *Bye-bye* after you show me how
 - Wipe my tray with a napkin when you show me how and say *You can do it!*

Sharing & Managing Emotions

- I can share enjoyment and flow with transitions between activities.
 - Look at you, smile, and make a silly sound to get you to laugh while you change my diaper
 - Give you my pail and shovel when it's time to clean up the sandbox and go inside
 - Squeal with excitement and reach for my bib when you tell me it's time for lunch
 - Look at you, smile, and help wipe my tray when you say *Let's finish snack and go outside*
 - Raise my hands to be picked up from the bath and pat with the towel to help you dry me off

Understanding Messages

- I can follow simple directions like "come here" or "give it to me" when you ask me with gestures.
 - Crawl over to you when you hold out your arms and say *Come here*
 - Hold my foot up so you can put my sock on when you tap my leg and say *Give me your foot*
 - Crawl over to Daddy when you point to him and say *Where's daddy*
 - Put my dirty shirt in the laundry hamper when you tell me to and open the lid
 - Look around for the ball when you hold out your hands and say *Get the ball*