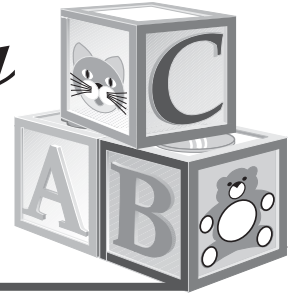


You and Your Baby

Months 11 & 12



Baby's Safety & Health

Standing probably will be your baby's favorite pastime. Simple walks with a stroller can become a real challenge as your baby stands and reaches out to anyone or anything. Grocery cart rides now can include dangerous maneuvers, so never turn your back as you reach for things on the shelves.



The best exercises for your baby are pulling up, standing, and crawling on his own power. Be sure you continue using car seats at all times.

Continue visits to your health care provider. When enrolling your child in any childcare or Head Start center, he must have received chicken pox vaccination/shot after his first birthday.

Family Focus

It is easy to get caught up in day-to-day routines and pressures that you may overlook the need for a special time for you and your baby.

Think about setting aside a special time each day – a time when you can give your baby your undivided attention with no interruptions.

The length of time is up to you, depending on your schedule. Even a small amount of time – 15 minutes a day – can mean a lot for both of you. It can be a time to enjoy and appreciate each other.

How can you spend this special time? You can sing, read, play, listen to music, cuddle, or just relax and enjoy being together. As your baby gets older, he will eagerly look forward to time for just family.

Baby's Development

Physical

Most babies will stand alone sometime this month, a few will walk, and some will still require support to stand.

Your baby's skills in using his hands are improving. Hand-eye coordination is better. In fact, baby now can probably fill his spoon and get it into his mouth successfully - at least part of the time! Expect some of these other developments:

- Squats and stoops well.
- Sits in a chair with ease.
- May be able to pull off shoes.
- Requires about 12 hours of sleep, but may resist it.
- May try to climb out of playpen or crib.
- Can throw or roll a ball.
- Can pick up small objects.



Your baby is trying to establish his independence. You can help by providing clothes that are easy to put on and pull off.

Social/Emotional

Your baby likes to be around other children but generally is not ready to play cooperatively with them. Make sure there are a variety of toys around to select from when in a group setting. Remember, a baby doesn't understand the word "sharing." He likes to play with toys that fit inside of each other such as nesting boxes, large pegs and pegboards, and pots and pans.

Mental

Your baby understands more words and the feelings behind words. Be careful of what is said and how it is said. If ugly words are used in baby's presence, don't be surprised if he says them and in the right situation. Babies learn to talk from listening to the adults around them. Singing, reading, and talking to the baby promotes their language development.

He can usually speak two or three words by his first birthday. A baby's speech is not clear in the beginning. Don't worry; practice makes perfect, so just continue encouraging him to speak, and his speech will become more distinct.

In these last two months of your baby's first year, playing with sound is a favorite activity. Your baby will copy the sounds you make. "Hi, ho, da da" are all fun to imitate, and that is how your baby will continue to learn new words.



- Hearing new sounds is exciting.
- Make animal sounds as you read picture books together, and introduce new rhymes and stories.
- Your baby will delight in hearing his name, so use it often.
- Simple commands (such as “give” or “hands up”) become easy and fun to follow.
- Your baby can understand much more than he can say. Use words continuously and point to objects as you label them. The best way for you to join in this play is to keep talking and listening to your baby.

Discipline

The first time a young child flings himself on the floor (kicking, wailing, and screaming) can frighten a new mother or father into a variety of actions. A par-

ent definitely should not give in – just a little encouragement can go a long way in this type of situation, and the negative behavior can be brought into control. Punishing will only confuse and frighten your baby, so another form of guidance is needed.

What should you do? Although it is difficult, ignoring the negative behavior is probably best. When a parent doesn't respond, most babies will scream louder, kick harder, and finally, when no reaction from parent is gained, calm down and resume normal activity. This is certainly a healthy solution to the problem.

You may want to read Extension Service Information Sheet 1459 *Children Need Guidance* for more information on discipline. Call your county Extension Service office.

Baby's Food

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

As your baby moves around to explore his world, he will discover a new independence. He may be eager to try out this new independence by insisting 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 baby is a clinger or a self-feeder, try to be calm and patient. It will pay off in fewer problems now and later.



This information sheet is one in a series titled You and Your Baby. Contact your county Extension office for more information on you and your baby. Also, the American Academy of Pediatrics provides educational reading material:

American Academy of Pediatrics • 141 Northwest Point Blvd. • Elk Grove Village, IL 60007-1098 OR www.aap.org

msucare.com

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