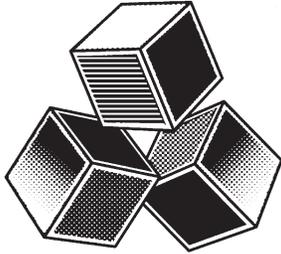


12 Months Old



# PARENT EXPRESS

## A Guide for You and Your Baby

### Dear Parent:

*Congratulations! You have made it through a whole year.*

Both you and your baby have come a long way. You've helped your baby grow into someone who can sit, stand, and reach for things, as well as someone who can think, feel, understand you, and maybe even say a few words.

Look back with pride on the past year and give yourself a well-deserved pat on the back. At times it was hard, but you managed. From now on, your baby will be growing and learning at an amazing rate. You can look forward to the coming years, confident that you will help him develop into a responsible human being.

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### What It's Like to Be 12 Months Old

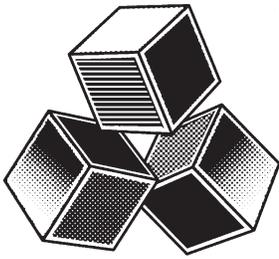
#### How I Grow

- ▶ I may walk, but I still prefer to crawl—it's faster!
- ▶ I may try to do other things while I'm walking, such as wave at you or pick up my favorite blanket.
- ▶ I stand by pushing up from a squatting position.
- ▶ I climb up and down stairs if I have the chance.
- ▶ I may even be able to climb out of a playpen or crib.
- ▶ I use my hands to remove lids from jars.

- ▶ I hold things with one hand while I'm doing something else with the other hand.
- ▶ I use my index finger to point to things.
- ▶ I try to dress or undress myself, but I'm not good at it yet.
- ▶ I insist on feeding myself.

#### How I Talk

- ▶ I repeat words I know—it's good practice.
- ▶ I babble away in phrases that sound like short sentences.
- ▶ I make up my own words to describe objects or people.



## How I Respond

- ▶ 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 definite about my likes and dislikes.

## How I Understand

- ▶ I remember more because my memory is getting sharper.
- ▶ 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 and understand most things you say to me.
- ▶ I have favorites among people and toys.

## How I Feel

- ▶ I feel great that I have a personality all my own.
- ▶ I'm developing a sense of humor and think a lot of things are funny.
- ▶ I still don't like being separated from you and am relieved when you return.
- ▶ I feel secure and happy eating meals with my family.
- ▶ I feel and show love and affection to my favorite people and things.

## Looking Back

You have many memories of your baby's first year—the times you stayed up all night, thought the crying would never stop, or saw your baby smile and laugh. Do you remember when your baby made his first sounds besides crying, held his first toy, used a spoon the first time, or took his first steps?

You could go on and on reliving the memories, some happy and some not so happy. But now you and your baby are ready to move on to the second year. The two of you have many more firsts to look forward to, including first walking steps taken alone, first words read out of a book, and the first day at school.

It often is easy to forget the things that work well in the process of raising a child. Here are a few thoughts to keep in mind:

- ▶ You are your baby's first teacher. Teach the things you think are important in life.
- ▶ Your baby's brain is developing more rapidly now than at any other time in his life. Feed it well by playing, talking, and reading with him.
- ▶ Follow your common sense when you have a problem. Do what you feel is best.
- ▶ Take some time out for yourself—your needs are important, too.

Your role as a parent has not ended. For your baby, life has barely started. He is just beginning to learn about the world around him. There will be many new adventures to share through the years.

## What, When, and How Much to Feed Your Baby

Your baby should be eating approximately 1,000–1,400 calories a day. Give about 2 to 3 cups of whole, full-fat milk daily with a variety of other foods from the food groups listed below.

Most health authorities recommend that a baby should be at least 1 year old before regular whole milk is given. Until your baby is a year old, breast milk or iron-fortified formula is the most appropriate milk for your baby.

The chart below gives the suggested daily intake of foods your baby should be eating at this time.

Your baby doesn't have to eat something from every food group at every meal. He may eat well at one meal, not so well at the next, and refuse the third. One hearty meal a day plus four foods from the above food groups are about average at this age. Forcing your baby to eat can work in reverse and make him refuse any food. Or, he may continue to eat just to get your approval.

Offering food to your baby when he is upset may quiet him for a few moments, but it also teaches him to use food as a solution to problems. Find the cause of the problem and solve it without using food as the pacifier.

| Food                          | Suggested Daily Intake          | Notes  |
|-------------------------------|---------------------------------|--|
| Whole milk and milk products  | 16–24 ounces                    | Offer cheese, yogurt, and cottage cheese. Your baby probably will not need more now that he’s eating a variety of foods.             |
| Breads and cereals            | 6–12 tablespoons, 1 slice bread | Offer whole grains such as whole-wheat toast, rice, and pasta.   |
| Vegetables                    | 6-8 tablespoons                 | Serve plain cooked vegetables, mashed or finely chopped.   |
| Fruits                        | 6-8 tablespoons                 | Peel and mash bananas, peaches, and pears or cook and mash apples.   |
| Juice                         | 4-6 ounces                      | Use 100 percent fruit juices high in vitamin C (orange or grapefruit). Do not use fruit drinks or sweetened beverages such as sodas. |
| Meats and other protein foods | 2 tablespoons                   | Serve finely chopped lean meats, chicken, and fish, mashed cooked dry beans, egg yolk if cooked well done.                           |

## Games Babies Play

### Pull the Right String: Using a Tool Game

#### Purpose

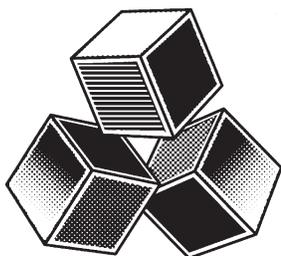
This game helps your baby learn to use objects as tools to get what she wants.

#### How to Play

- ▶ Hold your baby in a sitting position on your lap facing a flat surface such as a tabletop.
- ▶ While she is watching, tie one end of a piece of string around a favorite toy.
- ▶ Place the toy out of reach and say, “Get the toy.”
- ▶ Your baby will learn to pull the string to get the toy.

### Another Using a Tool Game

- ▶ Place the toy on the string out of reach again.
- ▶ Place two more strings alongside the string with the toy attached.
- ▶ Your baby will learn to pull the string with the toy attached.



## Simple Toys for 1 Year Olds

Toys for this age group don’t have to be expensive to provide fun and varied opportunities for learning. Unbreakable household objects often provide interesting play. Other items can be purchased for modest prices. Here are some suggestions:

- ▶ Plastic and metal measuring cups and spoons of varying sizes for nesting
- ▶ Metal or lightweight plastic bowls
- ▶ Milk or juice cartons of different sizes stuffed tightly with newspapers then sealed shut with heavy-duty sealing tape for infants to stack like blocks
- ▶ Plastic cups and buckets or other unbreakable containers
- ▶ “Busy boxes”: rectangular plastic boxes containing play items for little fingers to push, pull, turn, twist, feel, etc. Be sure all parts work properly and are free of rough edges.
- ▶ Unbreakable hand mirrors
- ▶ Push-and-pull toys
- ▶ Lightweight balls of all sizes, but no smaller than a tennis ball

- ▶ Soft dolls, stuffed animals, and puppets that are washable and have no detachable parts that could come off and choke your baby if put in the mouth
- ▶ Toy telephones. Two are good so the two of you can pretend to have conversations.
- ▶ Cardboard books with bright, colorful, familiar pictures. Nursery rhymes and simple songbooks are also good.
- ▶ Musical toys

## What Little Boys and Little Girls Are Made Of

Parents sometimes treat boys and girls differently and react differently toward them. They might give toy trucks to boys and dolls to girls. They may get upset if a boy picks up a doll and starts playing 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 consider your own attitudes about sex roles. Now is a good time to evaluate the messages you want to give about what little boys and little girls are made of.

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

- ▶ Do I hold back from hugging my son just because he is a boy?
- ▶ Do I use a different tone of voice for my daughter than I would for a son, even though tenderness is comforting for both sexes?
- ▶ Do I expect certain types of behavior from my child because of his or her sex? For example, leadership and strength from a son; gentleness and softness from a daughter?

Allowing children to express themselves freely regardless of their sex will help them grow into healthy, capable, and confident individuals.

## Building Self-Confidence

Being a parent can sometimes tax your patience as well as your confidence in your ability to cope with daily problems. At times, you may feel comfortable and self-confident. At other times, you may feel uncertain and fearful about your decisions.

We all strive to feel comfortable and good about ourselves. Self-confidence is measured by the way we feel and behave. To bolster your self-confidence:

- ▶ Examine and determine what you want out of life—not what other people want for you or want you to do.
- ▶ Don't put yourself down. Instead of saying, "I can't do it," say, "I am going to try to do it."
- ▶ Live your life from this moment on. Don't become discouraged by past mistakes.
- ▶ Trust your decisions. You are the best judge of what works well for you.

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