6-12 Months
Watch your baby’s personality and unique qualities

See What Your Child Sees
Curious baby! Baby wants to know everything -- what things are and what they do.

Through your baby’s eyes:
• Baby will have a short attention span. Objects are interesting or mysterious and draw baby’s attention.
  - Help baby understand by telling her what she is looking at, say its name and color
• New skills are exciting: screeching, banging, stacking and crawling!
• Practice makes perfect. Watch your baby master crawling, standing without help, scooting and even walking.
• Your child may be afraid of strangers. She will look to you for comfort and safety.

Back-and-Forth
Connect with your baby.

Encourage baby as she explores:
- Point, show and talk about items she shows an interest in.

If baby gets into something unsafe:
- Gently correct her, don’t scold
- Redirect her attention to a different, more safe activity.

Crying is one way your baby can tell you something:
- Maybe she is tired, bored, needs attention or is hungry.
- Stay calm and comfort her.
- Talk to her. She can understand you even if she cannot speak.

Good4Growth.org

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN
Ohio Chapter

CardinalHealth Foundation
Play! Explore! Learn!
It looks like play, but it builds their brain.

• Keep them surrounded with new things to explore:
  - balls, plastic bowls, wooden spoons, boxes, music makers.
  - different textures and shapes.
  - new noises, smells and colors.
• Encourage them to stand, scoot, crawl, reach, stretch.
• Show and tell while they explore.
• “Walk” with them as they hold your fingers
• Limit time in car seats, strollers, bouncy seats and chairs.
• Meal time is play time, too.
  - Let them play with each new food.
  - Encourage their practice with a cup and spoon.

Routines
Routine is important when it comes to eating and sleeping.

• They need to eat every few hours because they’re so busy.
  - Offer every kind of fruit, vegetable, meat and cereal over and over.
  - Breakfast is when they are most open to trying new foods.
  - Pair new foods with foods they already like
  - They are done when they turn their head or push away the plate.
• Keep up your before-sleep routines to help them unwind.
  - Reading helps calm and get ready for sleep.
  - A fan can help cover up noises.
  - They should sleep around 14 hours per day.

By 12 months, your baby will be able to pull up to stand and move along the sofa. She will use her thumb and first finger to pick up items. Help her learn new skills by stacking blocks and asking her to hand you toys. She will make gestures and sounds to get what she wants. She might even know a few words, especially if you have talked to her often from birth.

Resources:
• Good4Growth.org - practical tools and tips to help create healthier, smarter kids
• HealthyChildren.org - parent resources from the American Academy of Pediatrics
• Zerotothree.org - resources focused on advancing the healthy development of babies and young children