

12-Month Visit



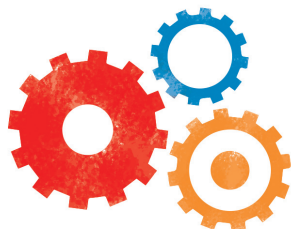
Language

The number of words a baby knows by age 3 is related to how much talking they hear before then. So, keep talking. Babies understand much more than they can say. Talk about whatever you see when you're out and about. When your baby points to any object, name that object and repeat important words. Say, "You *hear* the airplane. Plane." Point out colors too: "Look at that *yellow* bus. Yellow bus."



Science and Math

Use math language when you talk to your baby. Math language uses numbers and words such as *more* or *less*. During mealtimes, ask your baby if they want "one more" piece of banana. Show them: "Here is one cracker. One." Words like *more* and *one* and *two* are early math concepts that babies can learn through everyday interactions. You can also talk about where items are located: *on top*, *next to*, *behind*, etc. These words support early understanding about concepts of space.



Managing Feelings

Always say goodbye when you leave your baby in someone else's care. Say, "I'm going now, but I'll be back, two kisses, 1, 2." When you say and do the same thing each time it turns the goodbye into a ritual. When repeated you will teach your baby that you are reliable. Baby may be sad when you leave, but the ritual of saying goodbye is comforting. If you sneak out, they might not notice you left at first and may be more upset later. If you say goodbye each time it builds trust and can help baby be *less* clingy.



Good books to read at this age:

- *Fiddle-I-Fee* by Melissa Sweet
- *Ten Apples Up on Top!* by Dr. Seuss
- *Peekaboo Morning* by Rachel Isadora
- *Baby Happy, Baby Sad* by Leslie Patricelli

Problem-Solving

You've probably already played plenty of peek-a-boo with your baby. At this age they might be ready for hide and seek. Try hiding your whole body behind a door or counter. When you come out of hiding try a new phrase like, "Here I am." Try hiding a stuffed animal or doll under a blanket. Say, "Where did it go?" and see if your child looks or points to the blanket. Then pop it out and say, "Peek-a-boo!"



Physical Skills

Your baby is probably showing signs of walking even if they are not quite there. Walkers are discouraged, but another way to help your baby walk is to offer them something to lean on as they try. There are push toys made for this, but a large cardboard box taped shut and at least chest high also works. Check to see if you need to weigh down the inside of the box. Place the box in an open area and see if your baby uses it to stand. Stay close and move the box forward a little. Baby should be able to push it across the floor. If baby isn't walking yet this activity will help them get there. If they are walking, they will still have fun pushing the box around.



Art and Music

Create a drum set out of an upside-down metal pot and plastic bowls.



Use your hands or wooden spoons as drumsticks. Play with your baby by tapping the pots and bowls and see if they follow your lead. Bang away together and make up simple chants, rhythms, or nursery rhymes.