

10 TO 12 MONTHS



My photo
at 12 months.

HELP ME BE HEALTHY...

At this checkup:

- I will be weighed and measured.
- I will have any immunizations or blood tests that I have missed. Ask about a tuberculin test.
- I will be screened to see if I have been exposed to lead. I can get lead into my body by breathing or eating lead dust, chips or flakes. The lead can get into my nerves and bones. It can affect the way I learn, grow and hear. The earlier we catch the problem, the less harm will be done to me.
- You may be asked to complete an "Ages and Stages Questionnaire" to help determine if there are any developmental concerns.

WATCH FOR SIGNS OF AN EAR INFECTION...

If I tug at my ears or have a cold lasting several days, this could mean that I have an ear infection. Ear infections may have an effect on my hearing. Being sick often could affect my growth and learning. If I do not feel well, it may be hard for me to see, hear, think and learn. If I act, look or feel like I am sick, please call my doctor or nurse right away.

PLAY WITH ME. IT HELPS ME LEARN!

- Make a book for me. Use some stiff cardboard for pages. Paste pictures from magazines and photographs on the pages. I like to see pictures of me, family members and my favorite foods, toys and places on pages in the book. Let me turn the pages.
- Play a game of "Which hand is it in?" Hold a small object in your hand. Show me what is in your hand. Switch the object back and forth between your hands several times. Show me both hands closed and say, "Which hand is it in?" When I reach for a hand, say either, "No, it's not in this hand. Where is it?" or "Yes, it's in this hand," and quickly open your hand.
- Let me practice dropping things into containers, such as a block into a box. I will need help getting the blocks back out.
- Let me practice feeding myself with a spoon. Applesauce is a good food to try. Chopped and mashed table foods may be given to me now.

Most children can do the things listed by the time they are 1 year old. If I am not doing several items on this list, talk to my doctor, nurse or contact our tiny-k office for a free developmental screening. You can find that number at <http://tiny-k.org/>. If child care is in my future and you need help finding a child care program, call the Child Care Aware® of Kansas Parent Resource Center toll free at 877-678-2548.

WATCH FOR ME TO...

- Play pat-a-cake or other clapping games.
- Pull myself up by hanging onto a chair or my crib rail.
- Pick up a cube or a small toy in each hand and bang them together.
- Pick up a small object using my thumb and finger.
- Say the same sound over and over, like “babababa” or “lalalala.”
- Say “mama” or “dada.” Even though I say these words, I may not know what they mean. They are fun sounds for me to say.
- Stop doing something if you say “no.” I sometimes only stop doing it for a short time, though.
- Follow some easy directions, like “come here” or “give it to me.”
- Stand by myself for at least two seconds.
- Sit up all by myself.

HELP ME BE SAFE...

- I like to pull things out of drawers. Make sure that unsafe things are not in the drawers. Give me a drawer or cupboard of my own to store some of my toys.
- Store my toys, books and things where I can reach them. Sturdy shelves, dishpans, buckets and cardboard boxes are good.
- I can choke on food.
- Do not give me foods that are hard to chew like popcorn, nuts, raisins, peanut butter and grapes.
- Do not give me hot dogs, even if they are cut into pieces.
- I still need to be watched carefully.

Common accidents for children my age are:

- Falls
- Choking
- Burns
- Drowning
- Poisoning
- Car Accidents

HOW I AM GROWING...

My Length: _____

My Weight: _____

Sleeping Habits: _____

New Skills & Talents: _____

Favorite Things & Activities: _____

GOOD DAYS, BAD DAYS...

All parents have bad days and sometimes feel worn out. It is common for a parent’s body to ache a little from the work of being a parent. This does not mean you are doing anything wrong. Remember that these bad days are usually followed by good days.

Young children need parents who try their best, but that does not mean you will succeed all the time. Try not to worry about being a super parent or a super family.

If you sometimes feel that you are at the end of your rope, talk to your partner, call a good friend or call one of the telephone services that can offer support and suggestions on parenting issues. The Kansas Children’s Service League offers a free, anonymous Parent Helpline 24 hours a day at 1-800-CHILDREN.

Talking to someone and asking for help shows that you love me and care about me. It also shows that you are being a good parent.