

# First Steps

PARENTING IN THE FIRST YEAR

WEXFORD, MISSAUKEE & NORTHERN OSCEOLA COUNTIES



11-12  
Months

## How Baby is Changing

Standing and cruising around the room by holding furniture keeps your little one very busy. Baby may even take a few steps on her own. Some babies like standing so much they refuse to sit down! This will wear off eventually.

In the meantime, you may have to diaper baby while she is standing or keep a special toy just for diapering to get her to lie down. Don't let her stand in a high chair.

Baby may be able to say several words by hearing you talk to her. Point out colors and objects to help baby learn.

Baby may recognize people, even if they change their hair or glasses or grow a mustache. Baby's memory for people is improving. She trusts and likes some people more than others. Don't be surprised if she is afraid of strangers.

By now baby can make a tower out of two blocks and understands some complicated ideas like "up and down" and "big and small." Toys, like shape-sorters that let her fit small pieces into bigger ones, are special favorites at this age.

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- Coping with temper tantrums
- Build your child's self-esteem
- Water safety
- Worrying about baby's eating



## Recliner Chair Safety Warning

Several children have been hurt or killed in recliner chair accidents. These children were between 12 and 30 months old, alone in a room and climbing on the leg rest of the chair.

**A child's head and neck can become trapped between the leg rest and chair if the chair folds up.**

If you have a recliner

chair, be sure to:

- always keep it in an upright position when it's not in use.
- Keep children from playing on the leg rest, even with an adult sitting in the chair.

Report any accident with recliner chairs, or with any baby products, to the Consumer Product Safety Commission at: **1-800-638-CPSC**. This is a toll-free call.

## Two Minutes To Fun

Some parents think they must set special times aside to play with baby or to teach him new things. That's fine, but sometimes you don't have time to play in big blocks.



Children are happy with *lots of little bits* of your time and attention. They learn to amuse themselves, with your help.

**It takes less than two minutes to:**

- give your child a hug and kiss;
- tweak his toes;
- play Pat-a-Cake or Peek-a-boo;
- show baby his nose or chin, or your nose;
- admire baby's shoes;
- show baby a picture or two in a book
- tickle his tummy at bath time;
- lift the child up over your head;
- point out a pretty leaf or flower; or
- give baby a big smile.

# Q and A

**My baby likes to take off all her clothes and run around naked. How can I stop her from doing this?**

Baby sure is growing up! A few months ago she was just turning over. Now your child is coordinated enough to pull her clothes off, but not able to put them back on.

It is not unusual at this age to check on baby in her crib and find your child naked and giggling, proud of the new skill.

To slow down your little stripper, choose clothes that are harder for small hands to unfasten, like one-piece outfits, overalls and clothes with small buttons.

You can also try putting clothes or sleepers on *backwards*, so baby can't reach the zippers.

If she pulls off disposable diapers, you can buy special pants to wear over them.



Children develop at different rates. Talk with your child's doctor, nurse or educator if you have concerns with delays in growth and development.

# Your Baby Wants You To Know

## How I Grow

- I stand by myself for a moment or two!
- I hold a toy in one hand and pull myself up to my feet with the other hand.
- I may even wave and turn around while standing without falling down.
- I walk if you hold one or both of my hands.
- I hold a pencil or crayon, and I love to make marks.

## How I Talk

- I know that words are used to identify things.
- I may use one word to mean a whole thought.
- I babble and mumble gibberish a lot.

## How I Respond

- I copy everything I see, and then I do it my own way.
- I try to get your approval, and I hide when I know you're not pleased.
- I may test you to see what I can get away with.

## How I Feel

- I may cling to you, especially in new situations.
- I love to shake my head and to say, "no," even when I mean, "yes."
- I may cry, scream and have tantrums if I don't get my way.
- I feel guilty when I do something wrong.

## How I Understand

- I see your expression and copy it. I'm learning from you!
- I try to bark or meow when I see a dog or cat. I am learning how people, animals and things work.
- I like to look at pictures in books and magazines.
- I know that tools will help me. For instance, I push a chair in front of me to steady myself while walking.

## How You Can Help Me Learn

- Roll a ball on the floor for me to crawl after.
- Let me help you! Leave a dish rag or dustpan out so I can bring it to you.
- Help me practice turning pages of cloth or cardboard books. Soon I'll be able to do it alone.
- Let me hold cans and boxes of food at the grocery store.
- Show me the pictures and tell me what they are.

## Brain Development

Walking develops when very long nerve cells that connect the brain and leg muscles become covered with myelin, the fatty coating that allows efficient transfer of signals along neurons.

Baby continues to need breast milk or formula which contain fat content needed for formation of myelin.

# Coping With Temper Tantrums

Babies get frustrated and mad sometimes when they can't do what they want to do. Sometimes, getting stuck halfway up the stairs or not getting a cookie can trigger a temper tantrum.

What can you do when baby is howling, screaming and kicking? That depends. If she is upset because she can't get back down the stairs or sit down when standing, talk about her frustration and then teach your child how. Soon her abilities will match her desires.

If baby is upset because she can't have a cookie or play with your glasses, try to interest her in a different activity or object. If this doesn't work, *ignore the tantrums*. Read, look out a window or turn the other way. Don't even look at her. You should stay nearby, however.

When she sees that you're not paying attention, your

child will eventually quiet down. *Once baby is calm, give her a hug and a little understanding — her strong emotions are a little scary for her. Give her words for her feelings. These "feeling words", can eventually take the place of acting out.*

**What if the temper tantrum is in a public place, like the grocery store?** This is harder, once again, try to interest baby in something else, like a toy or a picture on a cereal box. Once a tantrum has begun, you may have to put up with it.

Your child is not the first to have a tantrum in public and won't be the last. Even the people who frown or make comments have probably gone through it themselves. Ignore them.

Don't be tempted to spank her when she is having a tantrum. She is already out of control. It scares the child even more when you are out of control and angry. Resist the urge to do something. In the long run, doing nothing will make the tantrums go away sooner.



## A Mirror Game

Here is a mirror game you can play with your baby to help him learn what he looks like.

### How to Play:

- Put him on a bathroom counter or dresser in front of a mirror. Stand behind him and point to his reflection.
- Using your baby's name say, "I see Johnny. Where is Johnny? Find Johnny. Look at Johnny." Encourage him to point to himself in the mirror. "Here's my nose. Here's Johnny's nose."
- Do the same thing with toys and other objects. Pick them up one at a time and move them behind his head. Bring them out into view on one side or the other - baby will love this!
- Name the objects and tell baby something about each one, such as, "This is a *ball* and it's round."
- Ask baby, "Where is the ball?" Encourage him to point to it in the mirror.

## Worrying About Baby's Eating

If your baby is very active, you may notice a slowing down of weight gain. That occurs because your baby is using more calories for her constant activity.

The fact that your baby may not be gaining as much weight as before doesn't mean she isn't healthy. A fat baby is not necessarily a healthy baby. At this age, babies should be developing muscles, not fat.

Worrying about what your baby eats or doesn't eat will only make both of you nervous. Don't expect your child to clean her plate or eat "just one more" mouthful. Trust your child to be the best judge of how much to eat.

As baby moves around and explores, she is becoming more independent. Baby may insist on feeding herself. Or, she may be a little scared by the new abilities and cling to you at mealtimes. Baby may even refuse to hold a cup or spoon and demand to be fed.

Whether your little one is a clinger or a self-feeder, try to be calm and patient. It will pay off in fewer feeding problems now and later.



## Build Your Child's Self Esteem

How do you want your child to feel about himself? Do you want baby to grow up thinking he is a good person, able to handle things in life? Do you want him to get along with others and to share his feelings? The way a person feels about himself is called "self esteem." High self esteem means feeling good about yourself.

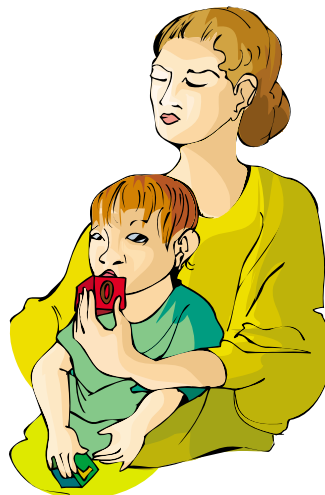
Children with high self esteem do better in school and in life.

Self esteem begins at home. If you want your child to develop high self esteem, you have to feel good about your child and let him know that. How can you do this? Tell baby you think he is a great child. Tell baby that he is important to you. Share lots of hugs, kisses and smiles. Give him some of your undivided attention each day - really listen to your child.

When your child does something you don't like, you can choose to correct him in a way that won't hurt his self esteem. Don't yell at your child or tell him he is a rotten child. Instead, say "I get mad when you..." Baby will learn without feeling like a failure. Be fair and consistent; teach your child to make good choices.

Try to point out at least five things baby does *right* each day. You can say, "I like the nice way you are petting the kitty," or "look at how well you stack those blocks!" or "You are playing with your sister very nicely."

Say, "please," and "thank you," to your children. Children are people too. When you say please and thank you, they learn to respect themselves and others.





## Good Days/Bad Days

Do you know that all parents have bad days? Every parent sometimes feels worn out.

Taking care of a young child can leave you feeling like you never have a moment to yourself unless you find it after midnight and then it may be interrupted by a small cry. Besides that, if you're like most parents of young children, you can hardly keep your eyes open after 8 p.m.

You may wonder if someone else has found an easier way to do the job. On bad days, you might secretly ask yourself if you are doing something wrong.

No one knows a shortcut to being a good parent. It is common for parents' bodies to ache a little. You may also feel emotionally bruised. Take heart, you probably aren't doing anything wrong. A lot of weariness goes along with being a parent. It may help to

remember that these bad days usually are followed by good days and to remember that all these days will pass as your little one becomes less demanding.

Young children need parents who try to be their best with them, but that doesn't mean we succeed 100 percent of the time. Allow yourself one major screw-up without guilt every day. When you're not feeling OK, try not to worry about being a super parent or a super family.

Infants and toddlers can be demanding. If you sometimes feel that you are at the end of your rope, call your doctor, pastor or good friend to let off steam and to talk. Just because you sometimes feel you can't cope with your little one doesn't mean you can't be a good parent. It simply shows that you are responsible enough to know when you need help.



## Twinkle, Twinkle, Little Star

Twinkle, twinkle,  
little star,  
How I wonder  
what you are.

Up above the  
world so high,  
Like a diamond  
in the sky,  
Twinkle, twinkle,  
little star,  
How I wonder  
what you are.



Never shake a baby.

This can cause blindness,  
brain damage, or death.



## Take Baby Shopping

Do you take your baby to the supermarket with you? Some children really enjoy this. Others are overexcited by all the colors, smells and noises and may “act up” with bad behavior.

If your child can handle the stimulation, grocery shopping can be a fun outing. You can help your baby learn in the supermarket by talking to her and pointing out different foods.

When you choose some apples, you can say, “We need four red apples. See? One, two, three, four.” When you get cereal, show her the box, shake it and let her see what is inside it when you get home.

Research shows that smart children have parents who give them this kind of stimulation.

You might want to bring a toy from home or let her hold something unbreakable to keep those little hands busy.

Don't let baby stand in a grocery cart. Use the seat strap or bring one from home to keep her seated.



## Water Safety

Water play in the bathtub, pool or beach can be a lot of fun for baby; however, it can be dangerous. Here are some tips to make water time safe and fun:

- Months 11 to 12 can be a good time to start swimming lessons - if you're willing to keep practicing. Otherwise baby will forget and may become afraid of the water.
- Flotation devices are fun, but they are not a substitute for a watchful parent. Never leave a young child alone near water, even for a minute.
- Swimming lessons and floating toys do not prevent drowning. Teach your child to wait for an adult before getting into water.
- Watch out for small quantities of water. Babies have drowned in buckets and open toilet bowls because their heavy heads became trapped when they fell in.
- If you have or use a pool, teach proper pool side behavior. Don't allow running or rough play around the pool. Never leave a pool half-covered. A child could get trapped under the cover.
- Don't let baby swallow lots of water when swimming; it could make the child sick.
- Use a waterproof sunscreen to prevent sunburns.
- Learn CPR so that you are prepared in case of an accident.





## Baby Shots

During the second month, along with his well baby check-up, doctors recommend starting a series of shots to protect babies from dangerous diseases. Here's a schedule:

- Diphtheria, pertussis (whooping cough), tetanus (DPT/DTaP) at 2, 4, 6 months and between 12 and 15 months.
- I.P.V. (Inactivated Polio Vaccine) at 2, 4, and between 6-15 months; again between 4-6 years.
- Haemophilus Influenza B (HIB) started at 2 months, with added HIB shots at 4, 6 and between 12 and 15 months.
- Hepatitis B vaccine is started at birth and is given again at 4 and 6 months.
- Measles, mumps and Rubella (German measles) MMR is given between 12 and 15 months.
- Pneumococcal conjugate (PCV7) vaccine. Pneumococcal infection causes severe disease in children under five years old. PCV7 vaccine can help prevent serious pneumococcal diseases, such as meningitis, blood infections and ear infections. PCV7 is given at 2, 4, 6 and between 12 and 15 months.
- Varicella (chickenpox) is given at 12 months.

### You may be wondering...

- What if my baby is sick—should he or she be given shots? Answer: Babies and children with minor illnesses, such as a cold, may be vaccinated. But children who are moderately or severely ill should usually wait until they recover before getting their shots.

Your baby may be due for one or more of the following immunizations at 11-12 months. Check with your baby's doctor or local Health Department.

- Hepatitis B #3
- Inactivated Polio Vaccine (T.A.V.) #3

### Risks/Side Effects

Immunizations do have some risks and side effects, but they are much safer than the diseases would be. If you have questions about shots for your baby, talk to your baby's doctor or nurse.

### What to Expect Afterwards

Some children: \* get cranky, \* have a low fever, \* are sore, red, or swollen where the shot was given. Ask your nurse or doctor what to do to make your baby feel better right after the shot.

Often, placing a cold washcloth where your child received the shot will help him or her feel better. Non-aspirin pain reliever infant drops (Acetaminophen), like Tylenol or your drug store's brand name, can also be given to lessen any pain. Ask your doctor or nurse about how much to give your child.

Talk to your doctor or nurse if you have any questions or worries.

It takes several shots to give your child full protection against these diseases. Make sure your child gets every shot he or she needs.

Your doctor or nurse will give you a record of your child's shots. Keep it and carry it with you to every medical appointment.

## Smoking Now, Smoking Later

Children need protection from smoking even after they are no longer babies. The most important influence is the family. When one or both parents smoke, their children are two times more likely to become regular smokers that children in families where neither parent smokes.

You can get help from your doctor, nurse or local Health Department. Or from local offices of the American Cancer Society, the American Heart Association, and the American Lung Association. Or you can telephone (any time before midnight) the National Cancer Institute's health information service.

The toll-free number is 1-800-4-CANCER.



Please don't smoke.  
There's a child  
in the house.

# When You Need Help

<b>Catholic Human Services</b> .....	775-6581	<b>Love, Inc.</b> .....	779-1888
<b>Cradle To Classroom</b> .....	876-2300	<b>Mercy Hospital</b> .....	1-800-33-MERCY 876-7200
<b>Child's Doctor</b> .....	_____	<b>MSU Extension</b>	
<b>Day Care Information (4 C's)</b> .....	1-800-968-4228	Missaukee .....	839-4667
<b>District Health Department</b>		Wexford .....	779-9480
Missaukee .....	839-7167	<b>North Central Community Mental Health</b>	
.....	825-2040	1-800-49-ALPHA	
Wexford .....	775-9942	(1-800-492-5742)	
<b>Family Independence Agency</b>		<b>OASIS/Family Resource Center</b>	
Missaukee & Wexford .....	779-4500	Car Seat Loans .....	775-7299
.....	1-800-684-2170	Crisis Line .....	775-7233
<b>Emergency</b> .....	<b>911</b>	<b>Poison Control</b> .....	1-800-POISON-1 (1-800-764-7661)
<b>Head Start Enrollment/Information</b>		<b>Wexford-Missaukee ISD</b>	
Cadillac .....	775-9781	<b>(Intermediate School District)</b>	
Lake City .....	839-4012	Preschool .....	876-2300
Manton .....	824-3385		
Mesick .....	885-1915		

Talk to me.  
Play with me.  
Love me.

By 11 or 12 months, children usually understand a dozen words and a few simple instructions.

By giving your child lots of loving talk, you will help her learn the meaning of words. She needs to hear the words over and over again, in different sentences, with different tones, and with different facial expressions and body language.

Watch for signs that she is understanding you when you talk to her!



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