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Happy Birthday!

Dear Parent,

Happy birthday to you and your baby! This first birthday marks the end of one of the most exciting years you will ever share. Never again will growth be so rapid or new skills appear so fast. You have met some of the greatest challenges of parenting and have begun the important steps toward a life-long relationship with your child. You were there at the very beginning, and you will continue to be a central figure in your child's life.

One-year olds are delightful. Babies this age are developing real personalities and will reward you with laughter, funny faces and affectionate hugs.

First steps and first words are exciting events.

Steinberg, J., Riley, D., & Schatell, D. (1997). *Parenting the First Year*. University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.



This newsletter is provided to parents by Help Me Grow of Cuyahoga County

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What It's Like to Be...

ELEVEN TO TWELVE MONTHS

How I Grow

I may stand by myself.

I hold a toy in one hand while pulling myself up with the other hand.

I may wave "bye-bye" while standing.

I may turn my body around without falling down.

I walk if you hold one or both of my hands.

I squat down, stoop and bend over.

I hold a pencil or crayon and love to make marks with it.

I can get food into my mouth using a spoon.

How I Talk

I know that words are used to identify things.

I babble and mumble gibberish quite a lot, but I do know a few words.

I use one word to express a complete thought.

How I Respond

I try to copy what I see you do.

I try to get your approval, and may hide when I know you are not pleased with me.

How I Understand

I see the expression on your face and copy it. I'm learning from you!

I may say "woof" or "meow" when I see a dog or cat. I am learning about people and animals, and what they do.

I like to look at pictures in books and magazines. I may point to familiar objects.

How I Feel

I may cling to you, especially in new situations. That's because my world is expanding and I feel safe with you.

I love to shake my head and say "no" even when I mean "yes."

I may cry, scream and have tantrums if I don't get my way.

I may feel guilty when I do something wrong. That means I've been influenced by your guidance.

Kreeger, J., Haverson, V., & Maretzki, A. (1996). *What it's like to be*. Keiki 'O Hawai'i. A Newsletter for New Parents, 9. University of Hawaii Cooperative Extension Service College of Tropical Agriculture of Human Resource.

How You Help Me Learn...

- Make animal sounds when you show me pictures of animals. I will copy them.
- Teach me new songs and nursery rhymes, but don't be surprised if I like the old ones best.
- Play music that has a rhythm so I can clap or move to the music.
- Make a funny face at me and I will try to copy you. Open and close your eyes and mouth or move your head from side to side or up and down, and I will imitate you.
- Give me toys that I can push and pull. If it shakes or rattles as it moves, I like it even better.
- Give me soft cuddly toys that I easily carry.
- Give me washable, non-toxic crayons to hold and large pieces of paper to mark. Taping the paper down makes it easier for me.
- Don't be surprised when I bring you the same book over and over again to read to me. I like repetition.
- I like pop-up toys, simple boxes that have doors to open and two or three simple shapes to match.
- If we are going to visit relatives, tell me where you are taking me and who we will see. You might even show me photographs of them.

Him or her?

This series of newsletters gives equal time to both sexes. That's why we take turns referring to children as "him" or "her." Keep in mind that we are talking about all children when we use "him" or "her."

The information in this newsletter describes an average child at each age. Because your child is unique, he may do things somewhat earlier or later than is indicated.

Even professionals are not always in agreement on specific child-rearing and feeding recommendations. Consult your doctor if you receive conflicting information.

If you have concerns about how your child is growing and developing, call Help Me Grow at 216-736-4300 or visit www.helpmegrow.org

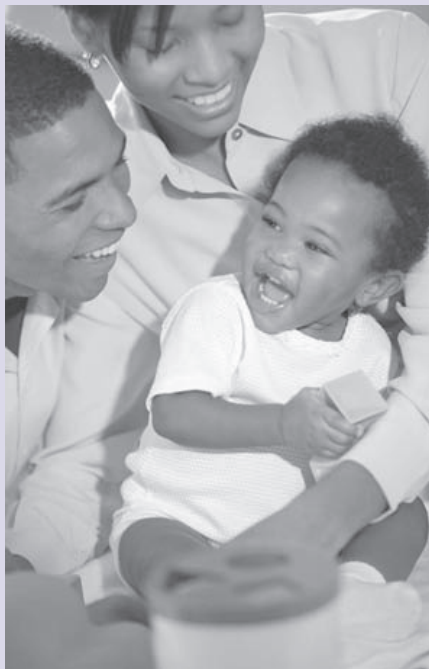
Activities for Babies

Learning starts early.

By the time children enter school, some know a lot more than others. Their families help them learn.

What you can do to help your baby learn:

- Floor freedom — When they were babies, bright children were allowed to explore. They were not kept in cribs or high chairs or swings all day.
- Language — Bright children have parents who talk more with them. Their parents explain and expand on things. For example, the child might say “Doggie,” and the parent will answer: “Yes. It’s a big, brown doggie, and he’s wagging his tail.”
- Outings — Bright children have been taken places — to the market, the post office, the fair, the park.
- Just enough help — The parents of bright children give them just enough help so they can do things. For example, the parents might put chairs together so an early walker can hold on while walking. Then, as the child gets better, the parent will move the chairs apart a bit, making it just a little harder. Another example: When the baby has trouble stacking blocks on the rug, the parent might start the stack on a book, for a firmer base that won’t fall so easily. The parent provides just enough help, then lets the baby succeed on his own.



TV and children

What do children learn from TV? The answer: Lots!

Children copy the actions of people and cartoons they see on TV. Research shows that even when 12-month-olds watch an adult playing with a toy on a small black-and-white TV screen, they will later choose to play with that same toy in the same way as the person on TV. They imitate what they see.

It should be no surprise then, that children who watch a lot of TV become more aggressive than other children. They get in fights more at school. They even have more serious criminal records as adults. TV viewing is also linked to lower reading scores and becoming overweight.

Of course, the purpose of TV is to sell products. TV makes us want things we don’t have, and that makes us unhappy.

Watching TV can be great entertainment. But we advise that you use the TV carefully, even with your infant.

- Limit the amount of TV viewing. The American Academy of Pediatrics recommends that infants and toddlers under 2 years of age not watch TV. If this is too hard for you, we advise no more than one hour each day. Babies and toddlers need to interact with adults and other children to learn language and develop social skills. Clear and consistent rules are easiest to enforce. For example: “We never watch TV before lunch in this house.”
- Avoid using the TV like a baby-sitter or “plug-in drug.” When you need both hands for cooking, don’t set baby in a rocker in front of the TV. Instead, set her rocker where she can watch you cook and talk with you.
- Limit the kinds of TV viewing. For example, set rules against TV content that teaches your children to be violent or to disrespect adults. Especially avoid shows in which the hero is violent, since children imitate the hero most.
- Watch your children’s TV programs with them, and talk about what you see. Tell your child what is real and what is phony, how special effects are done, and what the TV people did right or wrong.
- Watch commercials with your children. Explain that ads are trying to make you spend your money, and that toys and foods always look better on TV than in real life. Some families have a simple rule that prevents many arguments between children and parents: “We never buy anything that we see advertised on TV.”

Children will not be harmed if you throw away your TV. But you don’t have to go that far — as long as you set rules for using TV carefully.

Steinberg, J., Riley D. & Schatell, D. (2006) Parenting the First Year- Months 11-12, University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321

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Just for Parents

Building Your Child's Self-Esteem

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. Feel good about him and let him know. Tell your baby you think he is a great child. Tell him he is important to you. Share lots of hugs, kisses and smiles. Give him some of your undivided attention each day — really listen to him.

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. Say, "I get mad when you..." Your baby will learn without feeling like a failure. Be fair and consistent. Teach him to make good choices. Point out at least five things your baby does right each day. You can say: "I like the nice way you are petting the kitty," "You are playing with your sister very nicely" or "Look at how well you stack those blocks."

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.

Steinberg, J., Riley, D., & Schatell, D. (2006). *Build your child's self esteem.* (adapted). Parenting the First Year, University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.

Good days/Bad days

Your baby can be demanding. If you sometimes feel that you are at the end of your rope, call your doctor, spiritual advisor or good friend to let off steam and to talk. Even though you sometimes feel



overwhelmed, that doesn't stop you from being a good parent — you still care about and love your child. Talking about it shows that you are responsible enough to know when you need help.

If you need advice, or just a listening ear, call Bellflower Center's all-hour Family Help Line at 216-229-8800.

DAD is a verb.

Like catch and hug and listen. It is not just something you are. It is something you do.
Like laugh and read and play. Are you doing anything more important?
Have you been a dad today?

From National Fatherhood Initiative's Public Service Advertising Campaign,
"Have you been a dad today?" www.fatherhood.org
For local ideas, www.neofathering.net or call 2-1-1

When to Start Potty Training

You have already made it through one year of diapers. Will baby be ready for toilet mastery soon? Probably not.

Research shows that the average child has not fully mastered toileting until 2 or 3 years. Some take longer. Night-time control takes until 3 to 4 years.

Thumbsucking and Pacifiers

Your baby is becoming more independent now. The process toward independence takes many years. At these first stages, your baby may start to rely on an object, such as his thumb, pacifier, or blanket to provide security. This is a good sign of development. It shows that your baby can satisfy his own needs instead of depending solely on you. So, be patient with these behaviors. Don't try to stop thumbsucking or take the pacifier away at this stage. Most children give up these comforting behaviors by themselves, especially by the time they enter school. Many older youngsters continue sleeping with a special teddy bear or blanket well into the school age years (or later), and this does no harm.

Reprinted with permission from the University of Georgia. Bower, D. (1996). *Baby Bouncer: Ninth Month*.



Shopping with Children

Never leave a child alone in a car

- Plan trips after meals/naps, if you can; allow time to get ready.
- Tell your children before leaving where you are going, what you will be doing and if there is anything special they may have.
- Loosen or remove coats upon arrival.
- Take crackers or fruit for a snack.
- Bring a favorite toy.
- Have your child help you look for items on your shopping list — apples, milk or bread.
- Take time to rest. It helps!
- Keep in mind, it is hard to stay in one position, sit in a cart with legs dangling, or walk fast while holding an adult's hand.

Bellflower Center. (1999). *Shopping with children*. Cleveland, Ohio.

If Your Child Has a Temper Tantrum

- Never threaten to leave your child.
- Keep your cool; don't spank.
- Help calm her down. Redirect her attention to a toy or snack brought from home or the next item on the list.
- Sometimes it is best to end the shopping trip and return home.

**Never walk away—
even for a
minute—
from a child in a
shopping cart.**



Feeding Your Baby

I Want To Eat By Myself

Your baby is now used to you feeding her with a spoon. She may even be feeding herself with her fingers. Soon she will try to feed herself using a spoon. Watch for signs to see when she is ready – she may grab the spoon and take it to her mouth, or try and help you. Self feeding is an important skill and should be encouraged. Start with letting her use her fingers to feed coarsely chopped food or bite size pieces of food. Give your baby a small spoon to hold for practice and fun while you continue to feed her. Once she is more ready, you may want to use a two spoon approach. Give an empty spoon to her and fill the other with food. Then switch so she has a filled spoon for self feeding. Your baby will need lots of practice before she can feed herself – and that means a lot of food will end up in other places besides her mouth. Be prepared for a mess. It may help to have newspaper under her high chair, a small spoon with a plastic handle, and an unbreakable bowl and a cup. Remember, choking continues to be a concern – never leave your baby alone when she is feeding herself.



Healthy Habits

Your baby may have started expressing her preference to eat specific foods with sounds, words or gestures. This is a good time to guide those preferences to healthy choices. Like many of us, some babies may have preference for sweet or fatty foods. You can encourage them to eat healthy choices by offering a variety of healthy options and role modeling that behavior. Studies have shown that when high-calorie

foods such as cookies, baked products and sweetened beverages are introduced to infants as early as 6-11 months they provide excess calories and no other nutritional or health benefits. As a parent, it is your responsibility to offer a variety of healthy foods to your baby, let the baby decide what she wants to eat and how much. Do not force your baby to eat certain foods because they are healthy – it often results in the baby developing a strong dislike for that particular food. If your baby does not eat one type of food from a food group, choose others.

Breast milk or formula is still the best milk for your baby. Once she is over a year old, you can start offering her full fat milk.

Using snacks to fill the nutritional gap

Snacks are a great way to incorporate healthy options into your baby's diet. Whether it is

thinly cut slices of a soft fruit, steamed veggies, whole grain cereal or yogurt – small amounts of these foods eaten between meals will make sure your baby is getting a variety of foods from the five food groups.

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Butte N., et al. (2004). The Start Healthy Feeding Guidelines, *J of Am Diet Assoc.*, 104, No 3, 442-469.

Duyff RL. (2006). The American Dietetic Association's Complete Food and Nutrition Guide (3rd Ed). New York: John Wiley and co.

Fox MK, Reidy K, Novak T, Ziegler P. (2006). Sources of energy and nutrients in the diets of infants and toddlers. *J of Am Diet Assoc.*, 106(suppl 1):S28-S42.

If you have any specific questions on toddler feeding and would like to speak to a registered dietitian at the Cuyahoga County Board of Health, Nutrition Program, call 216-201-2000, Ext. 1526.

Safety Tips

Water Safety

Water play in the bathtub, pool or beach can be a lot of fun for your baby. **But water can be dangerous.**

Here are some tips to make water time safe and fun:

- Doctors now advise against swimming lessons for infants and toddlers. Their bodies are not yet good at fighting some diseases that are easily passed in the water.
- Don't let your baby swallow lots of water at the pool or beach – it could make your baby sick.
- Floating toys are fun, but they are no substitute for a watchful parent. **NEVER** leave a young child alone near water, even for a minute. Teach your child to wait for an adult before getting into water.
- 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 because a child could get trapped under the cover.
- To prevent sunburn, use a waterproof sunscreen with SPF (sun protection factor) 15 or higher. Reapply it at least every two hours.
- Watch out for small quantities of water too. Babies have drowned in buckets and open toilet bowls because their heavy heads became trapped when they fell in.
- Learn infant CPR (cardiopulmonary resuscitation) so you are prepared in case of an accident. Ask your doctor, clinic or local American Red Cross about classes.

Call the **American Red Cross** at 216-431-3010

Steinberg, J., Riley, D., & Schatell, D. (2006). *Water safety*. (adapted). Parenting the First Year. University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.



Car Seat Reminder

“How soon can I turn my child to face forward?” The universally accepted response is to keep your child rear facing to **AT LEAST** one year of age **AND** 20 pounds in weight. In fact, it is preferable to keep your child rear-facing as long as possible, and that may mean up to 30 or 35 pounds for most convertible car seats. The American Academy of Pediatrics and safety organizations endorse this philosophy. For more information contact the following resources:

- Safe Kids Car Seat Hotline 216-844-2277
- SafetyBeltSafe Helpline, 800-745-SAFE (7233); Questions, <http://www.carseat.org>
- <http://www.aap.org/parents.html>

Keeping Your Child Safe

Your job as a parent is to provide the safest environment possible for your child. The organizations below offer all types of ways to help you create a safe environment for your child.

First Call For Help (2-1-1) connects families and individuals in need of help to many community resources, such as financial assistance, emergency food assistance and shelter, affordable housing, abuse/neglect, child care, disability, education, emergencies, employment, health/medical care, mental health, special transportation needs, substance abuse treatment and prevention services.

Grandparent/Kinship Care Program

(216-420-6750) Are you the primary caregiver for your grandchildren or other related children? Are you unsure about what help is available for you and your family? Are you struggling and need help developing a plan to meet your family's needs?

Tot-Line (216-431-8200) is a non-crisis telephone counseling service that offers child development and parenting information for parents or caretakers of children from birth to age six. Tot-Line professional parent advisors provide information on a wide range of topics, including positive discipline, toilet mastery, sleep and eating concerns, separation anxiety and sibling rivalry.

24-Hour Family Helpline (216-229-8800) is a free, anonymous telephone service answered by professional volunteers and Bellflower Center staff. The Helpline provides telephone counseling, information and referral to individuals who feel overwhelmed, depressed, out-of-control or in need of support. Families and individuals receive support, education, counseling or referrals for their particular issues and questions.



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Call any one of these Invest in Children partners below for support or information on how to make sure your child is healthy, well cared for and ready for school.

Prenatal Hotline • 216-778-BABY

Prenatal information and support for expectant mothers

MomsFirst • 216-664-4194

Prenatal care and support for expectant mothers in the City of Cleveland

Help Me Grow • 216-736-4300

Services and support for children prenatal to age three

Healthy Start • 216-987-7346

Health Insurance (Medicaid) for children prenatal to age nineteen

Starting Point • 216-575-0061

Child care services and information on care for children with special needs

Family Help Line • 216-229-8800

Free, anonymous support, information, referrals and crisis intervention

Tot-Line • 216-431-8200

Information on child development

First Call For Help • 2-1-1 or 216-436-2000

Free, confidential information and support for referrals to other local health or social services

This newsletter is provided to parents by Help Me Grow of Cuyahoga County.

Help Me Grow is a statewide child development program and a partner of Invest in Children. As Cuyahoga County's early childhood initiative, Invest in Children works to increase the development, funding, visibility and impact of early childhood services in the county, so our children start kindergarten healthy, well cared for and ready for school.



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If you have specific questions about your child's health or development, or concerns about your own health and well-being, please contact your physician.