

# Begin now... Learn what I can do. I'm now 12 months old!

## Talk

**I am beginning to use words correctly. I might already be saying words like 'Dad', 'Mom' or 'bye'.**

- Reward me with smiles and hugs when I try to make new sounds. This is exciting for me and encourages me to keep trying new words.
- I enjoy reading books with you. You can help make books fun. Choose "hands on" books like those with pull tabs, touch and feel textures, sound effects or lift and peek flaps. Make a book with photos of me. Remember, the more you read, the more words I will know and understand.

## Play

**I am trying to pull myself up to furniture. I like to practice walking while holding on to your hand or moving my hands along the furniture. I like to play with blocks, cups and bowls in different ways, like stacking, throwing and sorting.**

- Show me how to stack blocks or cups and to fill empty containers. Encourage me to try things on my own. This helps build my confidence.
- Sharing in my play and taking turns gives me practice for playing with other children in the future.
- I love the excitement of blowing, chasing and popping bubbles.



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## Learn

**I have many feelings. I may be happy, excited, angry, tired or scared. I also want to learn about everything I see and hear.**

- Talk to me about my feelings using simple words, gestures or books. I will soon begin to understand my feelings.
- If I am upset respond to me. Hold me close. Comfort me and help me feel safe and secure. Teach me ways to soothe myself.
- I will understand you better when you use gestures. For example, if you say "no" to me, shake your head. If you want me to put on my shoes, point to my feet when you say "shoes on".
- I like to do things over and over again. The practice helps me to learn.
- Take me for a walk outdoors and talk to me about everything we see and hear.

**Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.**



HEALTH  
DEPARTMENT  
June 2022

Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/health](https://durham.ca/health)



If you require this information in an accessible format, contact 1-800-841-2729.

