

## *I'm Free!*

Your ten month old is probably friendly and outgoing most of the time. He enjoys babbling and experimenting with new sounds. He loves to copy sounds and words. By twelve months he can understand common phrases such as "Show me your eyes" and "Where is mommy?"

As creeping becomes easier he will get braver about letting you out of his sight. He is able to go out of a room and explore new places. He may take along a favourite blanket or toy to help him feel secure enough to be on his own.



## Children Learn What They Live

- IF children live with criticism, they learn to condemn
- IF children live with praise, they learn appreciation
- IF children live with hostility, they learn to fight
- IF children live with kindness and consideration, they learn respect
- IF children live with fear, they learn to be apprehensive
- IF children live with security, they learn to have faith in themselves and in those about them
- IF children live with pity, they learn to feel sorry for themselves
- IF children live with encouragement, they learn confidence
- IF children live with ridicule, they learn to feel shy
- IF children live with approval, they learn to like themselves
- IF children live with jealousy, they learn to feel envy
- IF children live with sharing, they learn generosity
- IF children live with shame, they learn to feel guilty
- IF children live with acceptance, they learn to love
- IF children live with tolerance, they learn patience
- IF children live with recognition, they learn it is good to have a goal
- IF children live with honesty, they learn truthfulness
- IF children live with fairness, they learn justice
- IF children live with friendliness, they learn the world is a nice place in which to live

## Positive Parenting

Your little darling has probably turned into a real character! Your child is learning that she can affect the world around her and she loves to see your reactions to what she does. She needs your attention and will try to get it any way she can – if she can't get your positive attention she will try a behaviour that will get your negative attention.

Now is the time to help her learn what is expected of her. You should work to give her positive attention more often than negative attention.

### *Tips for Toddler Discipline:*

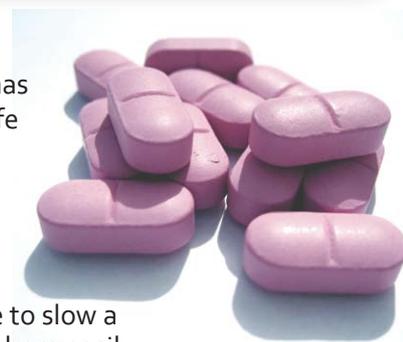
- **Guide little hands:** Exploring hands are always looking for things to handle, so give your young explorer word associations to help her sort out what she can touch. Remember – she does not know what is OK and what is not OK to touch. Try **"yes touch"** for safe things; **"no touch"** for objects off-limits that you cannot move out of reach; and **"soft touch"** for faces and animals.
- **Look at the world through the eyes of your toddler:** Toddlers do annoying things – not maliciously, but because they do not think like adults. Your toddler is just exploring and learning. Try to think about the situation from her viewpoint and remember she is not intentionally trying to irritate you. Laughing helps a lot.
- **Distract and divert:** If your toddler is heading toward something that is not OK to touch, try calling her name to get her attention or use some other distraction to stop her in her tracks long enough to distract her. Then, quickly divert her toward a safer alternative.
- **Set limits:** Much of your success in discipline depends on your ability to set limits. Humans need limits, and the younger the child the more defined the limits need to be. You must to decide what behavior you cannot allow and stick to that limit. Remember to use distraction, diversion and modeling of the behavior you are looking for rather than using **"no"**.
- **Give positive encouragement:** Remember to encourage all efforts. Say, **"Hurray"** or **"Good Job"** when she tries something new. By encouraging your child, she will feel good about herself and will feel safe to try new things.



## Safety Never Hurts

Your baby is moving all over the house now – either walking or at a fast crawl! But she has no idea of the trouble she can get into. Here are a few things you can do to keep her safe from swallowing things that could cause harm:

- Do not take your medicine in front of your child. She will want to imitate you.
- Never call medicine **"candy"**.
- Medicine should not be kept in your purse or diaper bag.
- There is no such thing as a child-proof container. Child-resistant containers are made to slow a child from getting a bottle or container open. With practice many children can open them easily.
- Strong smells and tastes will not stop children from swallowing things like medicines, bleach, pine oil cleaners, gasoline, lamp oil, or other cleaning products.
- Most poisonings occur when a product is actually being used. Never leave a child alone with a product or medicine **"even for a second"**.
- Babies and toddlers often eat products such as diaper creams, baby powder, and mineral oil which may be on the change table.



### *Products most often reported to poison control centres include:*

- Pain relievers
- Prescription drugs
- Rubbing alcohol
- Cold remedies
- Herbal product
- Nail polish remover
- Vitamins
- Iron pills

*Childhood poisonings commonly happen when household routines are disrupted or during times of stress.*

*Ontario Regional Poison Information Centre - 1-800-268-9017*

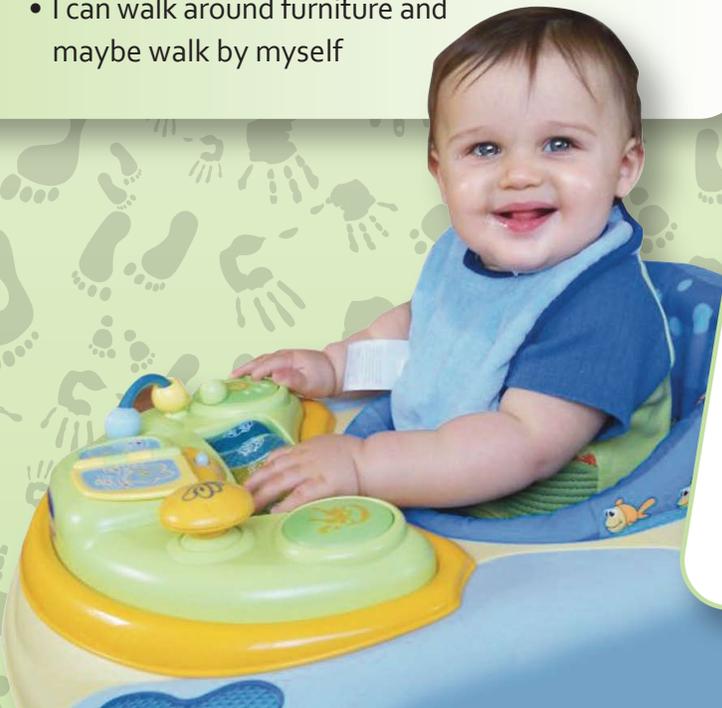
# Look What I Can Do!

From 10 to 12 Months, these are some of the things I can do:

10 Months

- I understand familiar words
- I will be able to pull up to a stand
- I like to drop things into a container
- I wave bye-bye
- I crawl, scoot, creep, or move well from one place to another
- I may crawl around and over things
- I may crawl with something in my hand
- I can follow a few simple directions
- I can poke a hole with my pointed finger
- I like looking at pictures in a book
- I will try to roll a ball
- My babbling sounds like sentences and questions
- I can say a few words, but not perfectly
- I imitate new actions and sounds
- I can turn a few pages in a hard-page book
- I can roll or push a ball
- I will spend longer playing with one thing than I used to
- I can make a stack of two blocks
- I can help pull off some simple clothing
- I can fit one thing into another
- I will know where familiar things are kept
- I can walk around furniture and maybe walk by myself

12 Months



## Help Baby Grow

Games and toys are the tools your baby uses to learn.

**Here are some of the things she likes to play with:**

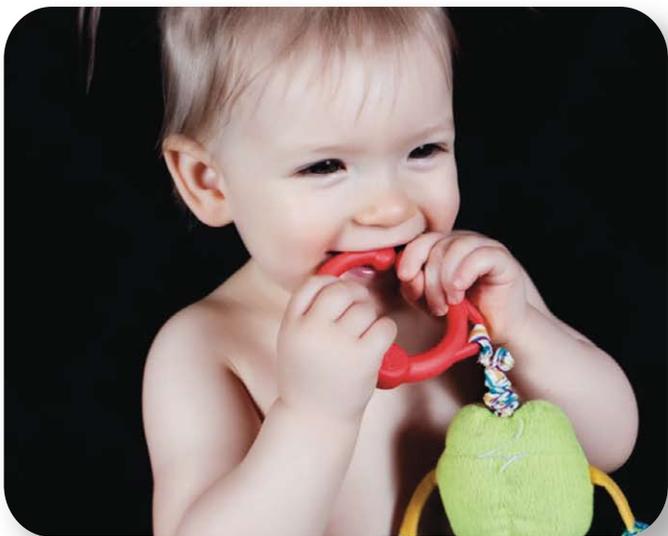
- Pop-up toys – a toy piano or any toys that have buttons to press or turn. Teach her how to use her fingers to press down rather than her whole hand.
- Music – dance with your baby around the room. Sing to her – **Pop goes the Weasel, Pat-a-Cake, Old MacDonald**, etc.
- Balls – she likes it when you roll them to her.
- Containers – and smaller safe toys so she can practice filling and dumping.
- Boxes – big ones to crawl into, small ones for her toys.

### Watch for these Speech and Language Milestones

**At 12 months my child:**

- Makes many different sounds together, as though really talking
- Imitates or uses sounds you make, like "Wee!" or "Oh-oh"
- Imitates or uses gestures like waving "bye bye"
- Says 3 – 5 words like "mama", "dada" or "caca" for cracker
- Follows simple instructions, like "Sit down" or "Come here"
- Understands some words with gestures like "Give me" PLUS your extended hand
- Brings you toys to show you and/or play with

Parents usually know their child best. If you did not check all of the boxes above, please call **tykeTALK** at **519-663-0273** or toll free at **1-877-818-8255** to find out more that you can do to help your child learn to talk.



## Play

### Laugh with Baby

Your baby enjoys putting things on his head, such as a basket, bowl or cup. He finds this very funny and expects people to notice and laugh. He can put objects in and out of each other. He likes stacking cups, pots and pans, boxes, or even plastic containers. He also enjoys knocking them down. Your baby really likes hiding behind chairs to play "**Where's Brandon?**". He will look for a toy if he sees it is being hidden. He will give you a toy if you ask him for it, but he expects to have it returned immediately. He feels happy when he sees that you are enjoying him as much as he enjoys playing with you.



## Grow

### Babies in Motion

Crawling is one of the first ways your baby will get around by himself. In the traditional crawl, your baby will learn to balance on his hands and knees. Then he will learn how to move forward and backwards. Some babies will opt for another method of locomotion like scooting on his bottom, slithering on his stomach, or rolling across the room. Some will move directly to pulling up on furniture and cruising around. Don't worry about his style – it's the movement that's important. Encourage movement by practicing with your baby – no matter what the style. Encourage your baby to move after a toy and bring it back to you.



## Talk

### Fun with Words

Your baby is able to say two or more words besides "Dada" and "Mama". He can recognize objects by name and understand the meaning of several words. He understands simple verbal commands. He follows simple verbal instructions such as "**Please bring mom the book**". Show your signs of delight in all of your baby's efforts at words.

*Old MacDonald had a farm E-I-E-I-O.*

*And on that farm he had a pig E-I-E-I-O.*

*With an oink-oink here, and an oink-oink there,  
here an oink, there an oink, everywhere an oink-oink,  
Old MacDonald had a farm E-I-E-I-O.*

# Important Feeding Tips for Your Baby

- Health Canada and the Canadian Paediatric Society recommend breastfeeding your baby for up to 2 years and beyond.
- Continue to breastfeed your baby on demand.
- Continue to give your baby 400 IU of Vitamin D until 24 months of age while you are breastfeeding.
- Make sure your baby is eating a variety of iron-rich foods each day such as meat, fish, eggs, beans, lentils and iron-fortified cereal.
- Continue to introduce a variety of solid foods in any order. Offer solid foods 3 – 4 times each day.
- Encourage your baby to feed themselves. Give your baby foods of different textures that they can eat with their hands such as soft cooked vegetables, grated cheese and soft fruits.
- Use an open cup to develop your baby's drinking skills.
- You can offer water in a cup. Juice should be avoided or limited to no more than 125 – 175 mL ( $\frac{1}{2}$  –  $\frac{3}{4}$  cup) a day. If you choose to offer your baby pasteurized whole cow's milk (homo), wait until they are at least 9 months.
- Pay attention to your baby's hunger cues. Trust your child to decide how much they are going to eat at any meal.
- Make eating a social and enjoyable time. Often children refuse to eat a meal or snack if they aren't hungry. Don't force your child to eat.



## Dental Care

Now that your baby is older, he will need a small soft toothbrush rather than a finger brush or wash cloth that you used to use. As you brush your baby's teeth sing this fun song to the tune of "Twinkle, Twinkle Little Star". Change "twenty" to the number of teeth your child has.

*Twenty teeth so shiny white,  
brush them morning, noon and night.  
Brush them up and brush them down, brush them,  
brush them all around.  
Twenty teeth so shiny white, brush them morning,  
noon and night.*



## Books are Fun!

Your baby loves to explore books: grabbing, patting, poking and even chewing. Allow him to treat books as toys first; play peek-a-boo with them, stand them up and knock them down or pretend they are hats. When you play with books, your baby learns that books are fun. Turn books around so they are right side up. Help your baby open and close the book and turn the pages. Name pictures in the book as you read. This will help him to learn skills that are needed later for reading. Take time each day to share books with your child. The quiet sound and rhythm of your voice as you tell a story, read a poem or sing a song can be very soothing. Your local public library or resource centre has lots of fun books to choose from. **Let's get reading...**

## Returning to Work – Tips for Saying Good-bye

- Visit the childcare centre a few times with your child so he can become familiar with the setting.
- Plan a couple of short days at daycare so your child will have an opportunity to become familiar with his new surroundings.
- Bring along a favourite toy or blanket. This will help your child feel more comfortable in the new environment.
- Arrive a few minutes early so you can help your child get involved in an activity.
- Say good-bye to your child. Simply disappearing will make him anxious.
- Keep good-byes short and sweet. Being positive about leaving your child with the caregiver will help your child feel more relaxed.
- It can take some time for a child to settle into his new surroundings. Be patient, supportive, and loving.
- Involve older children in preparing for the day, such as putting things in their backpack or putting their shoes by the door.



## **St. Thomas Site**

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519-631-9900 | 1-800-922-0096

## **Woodstock Site**

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