



Bringing out the best in ...

Enjoying your baby's development in the first 12 months of life.



To download the full calendar visit

[kidshealth.schn.health.nsw.gov.au](http://kidshealth.schn.health.nsw.gov.au)



You are your baby's first teacher

## 10 TO 12 MONTHS



### Development

### Social & Emotional

### Language & Understanding

### Hand Movements

### Body Movements

Activities to encourage your baby's development

- Make your baby feel safe and secure by holding, cuddling and kissing your baby often.
- Use simple instructions and some commands such as 'don't touch'.

- Help your baby with the tunes of rhymes.
- Assist your baby with learning and pronouncing words.
- When your baby pronounces a word, respond by putting the word in a sentence.
- Call your baby often by own name so baby becomes familiar with it.
- Play games where your baby points to body parts that you name and vice versa.
- Look through simple, colourful picture books and name objects.
- Play hide-and-seek

- Play with your baby by handing objects/toys back and forth.
- Help your baby build towers with blocks. Initially, the amusement will be with knocking them down.
- Assist your baby with placing shapes into the appropriate openings and completing simple puzzles.

- Assist your baby with walking by holding baby's hand or by allowing baby to walk using stable toys with wheels.

- Separation anxiety begins.
- Starts to discover the power self has over parents.

- Baby babbles with a tune and tries to communicate with action and gestures.
- Baby enjoys repeating animal sounds.
- Baby usually says first two words but knows many more. Baby learns the meaning of these words through others' response to them.
- Baby turns when own name is called.
- Baby begins to point to things baby wants.
- Baby begins to show an interest in pictures.
- If a toy is hidden under a cup, baby knows where to look to find it.

- Baby gives and takes objects to and from people nearby.
- Baby picks up small items with a good grip, using index finger and thumb.
- Baby holds objects with both hands.
- Baby can put blocks into a container.
- Baby throws toys out of toy box.

- Baby is able to walk by holding onto furniture.
- Many babies begin to walk alone.
- Baby can drop from walking to sitting position with a poorly controlled bump.



Developmental stages you can enjoy



Talk to your Child and Family Health Nurse or Doctor, if you have any concerns about your baby's development.