

GAULT FAMILY LEARNING CENTER
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Growing Together

Because My First Years Last Forever

Volume 1 Issue 6

Eleven to Twelve Months

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Happy Birthday!
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 a real
personality and will reward you with laughter, funny faces and
affectionate hugs. First steps and first words are exciting events.

*Have a happy
second year.*



Q *My 11-month-old son loves to pull everything out of cupboards and drawers. On the one hand, I feel I should let him explore, but on the other hand, I'm worried that this will become a bad habit if I don't do anything about it. What do you suggest?*

A Don't worry about your baby getting into bad habits yet. Babies at this age create clutter. A healthy, 11-month-old baby is only doing what comes naturally — exploring. He pulls things out of drawers, tips over wastebaskets, drags toys all over the house, and examines anything he can touch. He is not doing it to upset you. If there is nothing harmful in the cupboards and drawers, you can allow him to explore. This stage will pass, but by the time it does, your cupboards and drawers will have been well explored.

Free or Low-cost



ChildLink

Phone 330/263-6363
or 1-800-247-9473

Call for more details!

Your child may qualify for **FREE** health insurance if your family income for 4 is less than \$37,700.

Wayne County Family &
Children First Council

Funded in part by ODJFS through
federal and state reimbursement.



Effective Parents
Healthy Children
Quality Child Care

Is your baby immunized?

START on Time! STAY on Time!



What It's Like To Be...

ELEVEN-TWELVE MONTHS OLD

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 use one word to express a complete thought.

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

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.

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 questions about your child's development (e.g., whether she is doing the things she should be doing at this age), call Help Me Grow at 330-263-6363 or 1-800-247-9473.

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 can 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."

Safety and Your Baby

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 or to prevent drowning. 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 330-264-9383.

Acknowledgements

The Growing Together newsletter series was developed as a service for parents by the Cuyahoga County Early Childhood Initiative. This issue has been revised for distribution in the Wayne County area, with permission from CCECI.

The information presented here describes a typical child of each age. These descriptions are based on the study of many children. Because your child is unique, he or she may do things somewhat earlier or later than is indicated.

Growing Together is produced by Gault Family Learning Center, 716 Beall Ave., Wooster, Ohio 44691-2989, 330-263-8912 (Fax 330-263-8910). Questions should be directed to newsletter editor Melody Snure at Gault Family Learning Center.

Your Baby's Health

Free Health Insurance for Children

Healthy Start Healthy Families is a county-wide program that provides free or very low cost health insurance for children, families and pregnant women in Wayne County. You can apply for Healthy Start Healthy Families from the comfort and privacy of your home; no office visit is needed. Family income determines eligibility. Wayne County residents are encouraged to apply. Call InfoLink at 330-263-6363 or at 1-800-247-9473 to find out if your family is eligible.

IMPORTANT REMINDER ABOUT CAR SEATS

Car crashes are always a great danger to your baby's life and health. Once your baby reaches 20 pounds and 12 months, car seats can face forward. Your child must still stay in the back seat of the car.



To have your seat inspected by a certified child safety seat technician, call:

- **Community Action Wayne/Medina, 330-264-8677**
- **Wayne County Help Me Grow, 330-263-8940**
- **Wayne County Sheriff's Office, 330-287-5700**
- **Dunlap Memorial Hospital, 330-684-4739**
- **Wooster Police Department, 330-287-5700**

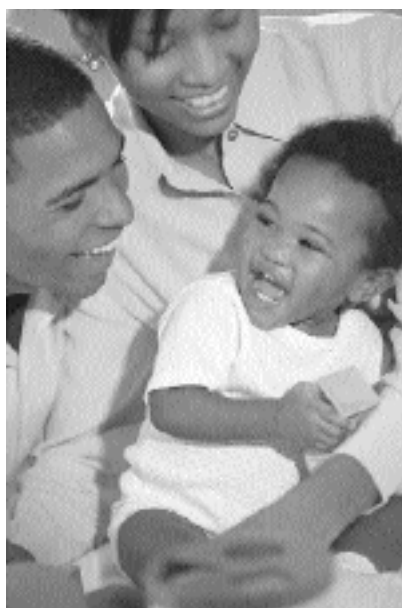
Activities for Babies

Learning Starts Early

How do parents help their children get ready to learn?

What you can do to help your baby learn:

- Floor freedom – When kids get to safely explore on the floor, their muscles, senses and minds get to work together. Cribs, high chairs and swings cut down on this important discovery time.
- Language – When children listen and talk with their parents and caregivers, they get a huge boost for reading, writing and listening later on. Parents can explain and expand on their children's first words. 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 – When children are taken places — to the grocery store, post office, mall and park — they will be more comfortable and curious in school.
- Just enough help – Children feel early success trying new things when their parents give just enough help so their baby can do things on their own. 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.
- Playgroups – Children who get the chance to play with other children learn about getting along while having fun. For information about free playgroups in Wayne County call Help Me Grow at 330-263-6363 or 1-800-247-9473.
- Music fun – Children who listen to different kinds of music at home are getting some building blocks for working with patterns and numbers later on.



Some articles in this issue have been adapted from the following Cooperative Extension publications: Alabama Cooperative Extension Service Publications, Parenting the First Year • University of Wisconsin Extension, Parenting the First Year • University of Delaware Cooperative Extension Service, Great Beginnings • University of Hawaii, Keiki 'O Hawaii' i • Iowa State University, Zero to One Series

"B" Ready for Your Next Child

During your baby's first year, you have spent a lot of time keeping your baby healthy. But did you know that there are things you can do, starting today, that can help improve the health of your baby of the future? One of the most important things you can do is to take folic acid.

Folic acid is one of the B vitamins that is found in many fruits and vegetables, as well as in some cereals and bread products. A pregnant woman needs it because it helps her baby's brain and spine develop properly. When the spine does not fully close or develop, a baby is born with a very serious birth defect called neural tube defect. If all women took folic acid before conception and during early pregnancy, the number of babies born with a neural tube defect could drop by as much as 70 percent.

It is important to get enough folic acid daily, before you become pregnant.

By the time you realize you're pregnant, the baby's brain and spine have already started to form. You can also get folic acid in your diet, but it's hard to get enough every day through food alone. The best way to get enough folic acid is to take a multivitamin with 400 micrograms of folic acid in it.

If you would like more information about folic acid and how you can "B" Ready call the Wayne County Health Department WIC program at 330-264-1942.



Feeding Your Baby

Finger Foods

With finger food comes a mess. Relax if you can and allow some experiments with food. Your little one will learn about different foods faster and cause fewer eating problems in the future. It may help to use:

- Newspapers (or a plastic cloth) under the high chair.
- A spoon with a small bowl and short, controllable handle.
- An unbreakable cup (some are weighted and have handles).
- Two spoons — one for you and one for baby!

What to Feed Baby

Your baby's growth

Growth during this time is still rapid, but height and weight gains are not as dramatic. As growth decreases, appetite decreases and children may eat less.

Milk

Since your baby turned 6 months old, he has probably been drinking 3 cups of formula each day in addition to enjoying all of the food groups. Babies need to begin getting their nutrients in a mixed diet of solids and formula. So as they get older and turn one year old, babies are now drinking 3 cups of whole milk and enjoying a variety of foods.

When your baby is 12 months old, you may switch from breast milk or formula to cow's milk. Whole milk is recommended over low-fat or skim milk until age 2 to ensure proper brain development. Two-year-olds should begin to make the change to drinking low-fat milk, if that's what the rest of the family drinks.

Yogurt and cheese provide nearly the same nutrients as milk. So these are OK for part of the milk a child needs each day. Juice does not replace milk. Limit juice intake to no more than one-half cup each day.

Building Healthy Eating Habits

By this time, your baby should have developed a liking for many different foods. In addition to milk, yogurt and cheese, make sure you give him foods from each of these food groups every day:

- Breads, cereal, rice and pasta
- Vegetables
- Fruits
- Meat, poultry, fish, dry beans and eggs — but not whole nuts that could cause choking

Your baby doesn't have to eat something from each food group at every meal. Most babies have fairly wild eating patterns at a given meal. Your baby may eat only cereal at one meal, and nothing but peaches at the next! In general, babies do pretty well over time if you offer them a variety of nutritious foods at each meal. A good rule of thumb for portion size is one tablespoon of food for each year of age.

We recommend not forcing a child to eat specific amounts, or certain foods. In fact, when children are forced to eat certain foods, they learn to dislike them.

Ideally, the 1-year-old sits at the table, eats many of the same foods everyone else eats, and drinks liquids from a cup, not a bottle.

Sweets

A sweet treat is okay once in a while, but be careful not to let sugary food take the place of healthy foods in your baby's diet. Sugary foods can cause cavities and excess weight gain.



If you have specific questions on infant feeding and would like to speak to a registered dietitian at the Wayne County Health Department WIC Program, call 330-264-1942.

Just For Parents

What's Ahead?

By the end of the first year, your baby has developed her own personality. Baby is a full-fledged member of your family. It's hard to imagine what life was like without her! In the months ahead, look forward to your child:

- Sleeping about 12 hours at night, and being an early riser.
- Needing a longer nap on some days than others.
- Usually wanting attention when waking up.
- Having a varied appetite, especially while teething. After 12 months, children grow more slowly and eat less.
- Having a language "explosion." A 12-month-old may speak two or three words. A 2-year-old may know 200 to 300 words.
- Exploring and playing with genitals. This is normal curiosity.
- Starting to show independence without really knowing what she wants. You may hear "No!" and "Me do it!" a lot.



Build 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. If you want your child to develop high self-esteem, you have to feel good about him and let him know. How can you do this? 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. Don't yell at your child or tell him he is a rotten child. Instead, 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. Try to 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," or "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.

Do Yourself a Favor...

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, good friend or another support person 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 Help Me Grow at 330-263-6363 or 1-800-247-9473.

When to Start Toilet Mastery

You have already made it through a 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 to 3 years. Some take longer. Night-time control takes until 3 to 4 years.

A Word About Television for Your Child

The first two years of life are especially important in the growth and development of your child's brain. During this time, children need good, positive interaction with other children and adults. Too much television can negatively affect early brain development. This is especially true at younger ages, when learning to talk and play with others is so important. The American Academy of Pediatrics does not recommend television for children age 2 or younger. See the parenting tips on the website www.keepkidshealthy.com for advice. Practically speaking, you're not a bad parent if your child watches some television. Just remember that face-to-face verbal interaction with adults and other children is best. Consider watching television with your child and carrying on a conversation with her about what you are watching.



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, and walk fast while holding an adult's hand.

If Your Child Has a Temper Tantrum

- Never threaten to leave your child.
- Keep your cool; don't spank.
- Help calm him down. Redirect his 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.

