

A Healthy Child... A Happy Home...



Play and Learn

11-13 months

Your baby has really grown. Babies at this age:

- pull themselves up to stand
- are walking or getting ready to stand
- really like to explore
- try to say what you say
- like to bang things together
- say NO but don't know what it means

Playing is Learning

Play is very important. It is the way babies learn. When you play with your baby, you are her first teacher. You are teaching skills and helping your baby grow.

When babies play, they:

- learn how things work
- solve problems
- learn words
- build strong muscles
- learn to get along with others

When you play with your baby, you are:

- giving your baby special time together
- helping Baby feel special about herself
- giving attention for good behavior (this helps children learn to mind)

How Shall We Play Now?

- Play together each day. Pat-a-cake and Peek-a-boo are fun games. Singing together is fun, too.
- Roll a large ball on the floor and let Baby crawl after it.
- Make a hand puppet out of a sock.
- Have toys that Baby can bang together, put things in or stack (pots and pans and plastic tubs are perfect).
- Let Baby help you. Leave a plastic bowl or wooden spoon out so Baby can bring it to you.
- Let Baby hold a box or can in the food store. Show her pictures and tell her the names of things on labels and boxes.
- Praise Baby as you play with her.
- Read every day.



CareOregon

BETTER TOGETHER



Praise shows that you love me.

Learning More About Discipline

By praising your baby, she is learning to listen to you.

- Your praise and attention feel good.
- A routine is also helpful. When Baby knows what to expect, she feels secure.
- Be consistent. If you change your rules a lot, Baby can get confused. She won't know what you want her to do.

Nutrition - Feeding Baby

- Drinking from a cup is important. Switch from the bottle to a cup.
- Baby can have regular milk. Limit milk to 12 ounces a day.
- Babies are ready to eat table food and like to feed themselves. Make sure that Baby has little pieces of food so she does not choke as she feeds herself.
- Avoid junk food. Candy and cookies are special treats (not something to have every day as a snack). Give healthy snacks like dry cereal, banana or cheese.



Health and Safety

- It's not a good idea for children under 2 to watch TV.
- Watching violent cartoons on TV can teach children to act in hurtful ways.
- Guns in the home must be locked up. Keep bullets hidden in a separate place.
- Babies are on the go! Child-proof your house.
- If a baby can reach something or climb to it, she can get her hands on something that can hurt her.
- Put poisons, guns and cleaning supplies out of Baby's reach.
- No bottles in bed. It's not healthy for Baby's teeth or ears.
- Secondhand smoke makes children sick. If you, or people around the baby, would like help to quit tobacco, call CareOregon at 1-800-224-4840, or the Oregon quit line at 1-877-270-7867.
- Always put Baby in a car seat when you go in the car. Make sure the car seat is placed in the back seat, facing rear and buckled in. In all cases, babies should be facing rear until they are **BOTH** one year old and 20 pounds at the very minimum.
- Baby needs immunization shots at 12, 15 and 18 months. Make an appointment soon.
- Baby's next check up is at age 15 months. See you then.

Coming Attractions

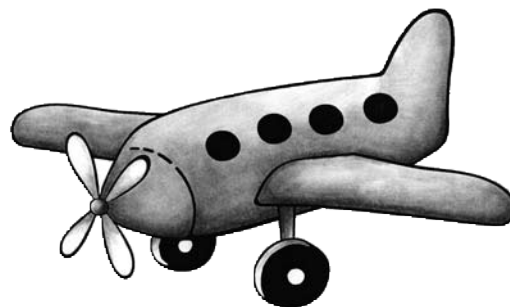
In the next months, most babies:

- say more words
- get more independent
- may get frustrated or have a tantrum
- learn the meaning of "up," "down," and "small"
- understand simple commands
- climb stairs



Put poisons, guns and cleaning supplies out of Baby's reach.

If you have any questions, call Oregon Poison Center anytime at 1-800-222-1222.



Keep guns locked and out of sight!