

grow your kids

TREE Talk Read Engage Encourage



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AGES 8-12 MONTHS:
TIPS FOR PARENTS



Child Development

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AGES 8-12 MONTHS: YOUR CHILD'S DEVELOPMENT:

Motor: Uses legs (crawls, pulls to stand, cruises along furniture, first steps, walks) and further develops skills with hands

Play and Learning: Loves to “do things to objects” like shaking or banging them. Babies are learning “cause and effect”. They also begin to realize that people and objects still exist when out of sight

Communication: Uses hand gestures like waving “hi” or “bye”

Social Emotional: Initiates interactions with others- babies develop stranger anxiety and may fear people that they have known before

Follow your baby's cues

Have fun, play, and create special time together. Your baby's development is stimulated by emotionally connecting with YOU!!!

Emotional nutrients to grow

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What do children need emotionally to grow?

They need to feel:

- loved and adored by consistent caregivers
- protected when scared
- comforted when upset
- and they need order and routine

They also need **seeds** for growth:



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Engage
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Activities with your child 8-12 months

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TALK

Talk and Communication: *"bathe your baby in language"*

Name people and objects: *"that's your brother, John", "that's a cup"*

Comment like a radio announcer: *"you are playing with the guitar"*. Talking with your baby is what counts. This may feel a bit odd to you at first



Teach your baby to use **gestures**: Play peek-a-boo, pick me up, hi, bye "so big" and pointing games

Sing to your baby

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READ

Read: Keep books around your home. Allow your baby to **handle books** and **turn pages**

Point at the pictures and **name** them:
"that is a shoe"

Comment: *"the girl is petting the dog"*.
Read in an excited voice



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Engage

Follow your child's cues

Motor: Legs: Encourage your baby to crawl, pull to stand, cruise along furniture and walk

Physical contact: Hug and kiss and hold and rock your baby (this won't spoil your baby). This is good for boys and girls

Play and Learning: Babies play with joy. Have fun together. Babies at this age “do things to” objects. They love to shake, bang, drop, push and pull them. They are learning **cause and effect** and are exploring how to make things move. Use stacking toys, blocks, balls, wooden spoons, pull and push toys, shake toys, bath toys, bells and musical toys. Let your baby put blocks in a container. Let your child take the lead

Babies also discover that objects continue to exist when out of sight. Play peek a boo, hide and seek. Babies love pop up toys at this age



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Engage

Social-Emotional: Babies have **stranger** and **separation anxiety**. Babies may become afraid of people they were comfortable with in the past. This is normal behavior. Babies also get upset when you leave.

Provide comfort and stay calm when your baby is upset or scared. Babies also increasingly **initiate** interactions with other people



Activities with your child 8-12 months

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Encourage

*Be your baby's
cheerleader!!!*

SAY:

"I know you can!!"

"Yes!!"

"I knew you could!!"

