

12
MONTHS



Back to sleep, tummy to play.

PHYSICAL DEVELOPMENT: TIPS TO HELP YOUR CHILD GROW

This is a time of unlimited energy and curiosity for children. There are a wide range of abilities seen at this age, as children become more mobile. Some children may be actively crawling, while others may be taking their first steps. You can help your child by providing safe places to practice moving. Tumble and play with your child and spend quality time with them on the floor.

Walkers and bouncers do not allow your baby to develop their trunk, belly and back strength, so please limit their use.

ACTIVITIES TO DO WITH YOUR CHILD

Make an obstacle course with safe, low places for climbing over, on top of and under.

Give your child beanbags and a bucket or target to aim for. Throwing will help your child to develop their hand-eye coordination.

Take your child outside to creep in the grass, snow and sand. Pull them along in a wagon or sled to practice their balance.

Hold your child's hand and walk with them. Move slowly so they can learn to balance.

Have your child lie on their tummy to look at books. Teach them to point at pictures and help them learn the names of things.

Encourage your child to climb up stairs on their hands and knees. Please follow them closely to keep them safe.

WHAT TO EXPECT AS YOUR CHILD GROWS

At 12 months of age your child will start to:

- Hold a crayon and scribble on paper.
- Roll a ball to you while sitting and crawling on the floor.
- Love to play in water. Give them toys, cups and spoons.
- Stack blocks, rings and nesting cups.
- Creep on their hands and knees to explore their world.
- Pull to stand and walk with assistance.
- Cruise along furniture and stand alone with feet wide and arms up.
- Release small objects into containers.