

# By 12 months...

## A child typically:

- ✓ Cries when you leave and is fearful or shy with strangers
- ✓ Shakes head to show likes or dislikes
- ✓ Looks when his name is called
- ✓ Responds to "no" and other one-word directions
- ✓ Tries different ways to get your attention
- ✓ Enjoys playing alone and having your attention
- ✓ Can feel happy, sad, angry, scared and upset
- ✓ Starts to understand that objects "do" different things (like phones are for talking)
- ✓ Explores her own body through touch
- ✓ Imitates sounds, actions and facial expressions of others
- ✓ Prefers certain people and toys over others
- ✓ Babbles sounds like "mama" and "dada"



## What kind of behavior should I be concerned about?

- Does not cry when you leave and ignores when you return
- Loss of eye contact
- Does not respond to your smile, sound, or her name
- Shows very little or a strong response to sound, light, touch or pain
- Does not sleep through the night
- Does not use simple movements like shaking head or waving to communicate
- Is always afraid to leave your side
- Says no simple words
- Loss of babbling

## Things to help your ONE-YEAR-OLD with his or her social and emotional development:

- ✓ Play with, read, sing, laugh, talk to and have fun with your child as much as possible
- ✓ Describe the world with words
- ✓ Help your child identify her feelings with phrases like, "You look like you're mad!"
- ✓ Play on the floor with your child - he or she will feel special having all your attention
- ✓ Have enough toys when your child is playing with others, because he or she doesn't know how to share yet
- ✓ Re-direct or distract your child from unwanted behavior and save a firm "NO" for times when safety is the concern
- ✓ Introduce your child to things that encourage the use of all five senses
- ✓ Let your child make as many choices as possible
- ✓ Tell your child every day how special he or she is