



Development- Twelve Months

Your baby is social and loves spending time with the family. Emotions and language are improving. Your baby is exploring their world more and more and is very busy.

At Twelve months you may notice your baby

- Experience some 'stranger danger' with people they do not know
- May have longer blocks of sleep overnight 10-12 hours
- Enjoys being around family and other children
- Express emotions and show affection
- Showing needs in other ways other than crying
- Is smiling and laughing
- Make eye contact with you when you talk to them
- Babbling and has 1-3 words- 'mama', 'dada'
- Turning their head to their name
- Crawling
- Walking around furniture
- Walking or taking steps
- Claps hands
- Pointing
- Waving
- Stops what they are doing if you say 'no'
- Has an increased appetite and requires x3 solid meals plus snacks daily
- Is holding food and finger feeding
- Drinking out of a sippy/straw cup



How to help your Baby Develop

- Talk to your baby regularly
- Look into your baby's eyes when you are talking to them
- Smile and laugh with your baby
- Cuddle your baby regularly
- Talk, sing and read to your baby
- When reading to your baby, let them hold the book
- Play music and dance with your baby
- When your baby points to objects, name them
- When your baby shows you things, talk about them
- Play with your baby, get down on the floor with them
- Give your baby lots of floor play
- Give your baby a massage
- Take your baby for a walk in the pram and talk to them about the outside world
- Reassure your baby when they meet new people
- Safe proof your house
- Have family meals together

