

## More Positive Parenting Techniques

- *Always* use a child safety seat to keep your baby safe in a car.
- Baby proof your home. Cover electrical outlets. Remove window cords, fans, heaters and electrical cords from baby's reach. Block or gate stairs. Keep plants, medicine, cleaning products out of reach. Use locks on doors and cupboards. Remove tablecloths.
- Avoid objects that can fit through the opening of a toilet paper roll. They might cause your baby to choke. Babies love to explore with their mouths.
- If you are unhappy with your baby's behavior, distract him. Give him attention. Change his focus to a new toy or point of interest. Take him to another room.
- Ignore temper tantrums. Stay calm and do not overreact. After the tantrum is over, hold him, and gently talk to him.
- *Never* shake your baby.

**Keep your NICU Developmental Follow-up Clinic appointment if you have one. The staff will monitor your baby's development.**

### Log on to Learn

The Parent Help Line — [www.parenthelpline.org](http://www.parenthelpline.org)

Zero to Three — [www.zerotothree.org](http://www.zerotothree.org)

PBS Parents - Child Development — [www.pbs.org/parents](http://www.pbs.org/parents)

How Kids Develop — [www.howkidsdevelop.com/developSkills.html](http://www.howkidsdevelop.com/developSkills.html)

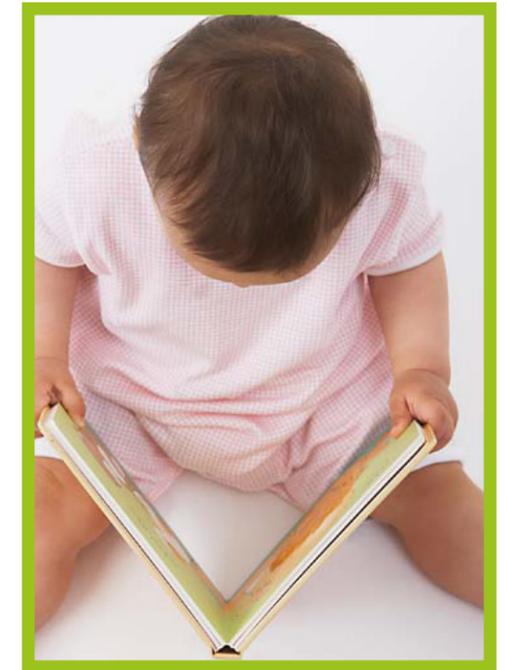
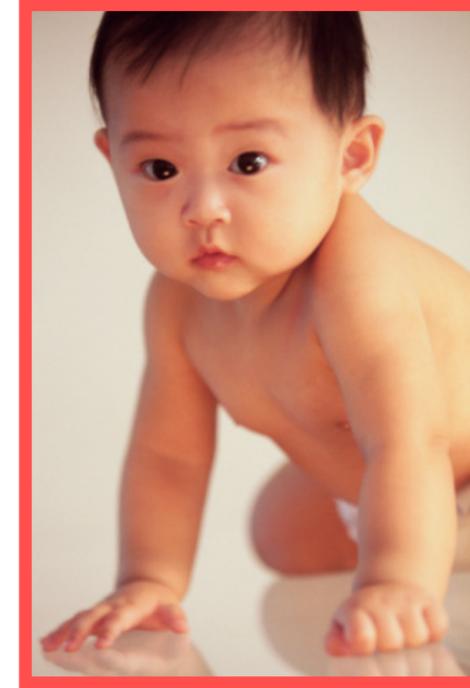
Regional Office of Education — <http://roe51.org> Find local school information and phone numbers for schools in Sangamon County.

Springfield School District 186 — <http://www.springfield.k12.il.us/schools/> Click Schools. Click *School Locator* to find a school in your area. Call that school for information on pre-school screenings and programs.

The American Academy of Pediatrics — [www.aap.org](http://www.aap.org)



**6-12 Months**



**Live  
Love  
Grow  
Learn**

### Give Your Baby Love and Attention

- **Kiss and hug your baby often.**
- **Play with your baby. Babies love games like peek-a-boo and pat-a-cake.**
- **Talk to your baby face-to-face. Make direct eye contact with your baby.**
- **Respond to your baby's needs. Comfort her when she cries.**



**Help is just a phone call away.**

For more parenting information, call Parent Help Line at 217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week or visit [www.parenthelpline.org](http://www.parenthelpline.org)



**A premature baby or baby with serious health problems may have delays in development. Continue to use an adjusted age until he is caught up with his growth and development.**

**From 6 to 9 months, your baby:**

- Can pick up small objects.
- Feeds himself “finger-foods”.
- Can hold a cup with two hands.
- Responds when you call her name.
- Understands what “no” means.
- Will learn to crawl.
- “Babbles” and makes sounds that express joy or anger.
- Can copy your actions like waving “bye-bye”.
- Begins to show her personality.

**At around 12 months, your baby:**

- Will say his first words like “dada” or “mama”.
- Can crawl or scoot around.
- Will start to walk around by holding onto furniture or your hand.
- Pulls herself to a standing position.
- Can say 2 – 3 words.
- Nods his head “yes” or “no”.
- Can crawl up stairs, but not down stairs.
- Begins to assert her independence.
- Starts to understand what you want him to do. He still cannot control himself.
- May cling to the primary caregiver or prefer people she knows.
- Can follow simple directions.

**Your doctor or the NICU Follow-up Clinic doctor can answer your questions.**

**Talk to your doctor if your baby cannot do these skills.**

**Parents help babies develop and reach full potential. Everyday, your baby learns from you — from what you do and say.**

## Meals

**Children learn to eat healthy if parents provide healthy food.**

- Be patient as your baby starts to eat solid foods. This should be a fun time for you and your baby.
- Feed your baby in a high chair with a safety strap or in an infant seat.
- Expect a mess. Have a wash cloth handy.
- Use a baby spoon that is small and smooth.
- Let your baby pick up foods like bananas and cheerios.
- Name foods as your baby eats.

Log onto [www.parenthelpline.org](http://www.parenthelpline.org) - Newborn – Baby’s First Food for other tips on feeding your baby.

## Playtime

**Babies learn as they play. Your baby likes to play with you. Make daily play a special time for you and your baby.**

- Provide an *unbreakable* mirror. Your baby loves to look at herself.
- Read with your baby. Point to pictures. Talk about what you see.
- Play with stacking toys such as blocks and nesting cups. Your baby will learn about cause and effect as the toys stack and fall.
- Roll a ball to your baby. Help him learn to roll it back.

- Provide toys of all shapes and sizes. Babies like to put objects in boxes or containers and take them out. Select toys with primary colors - red, blue, yellow.
- Make bath time fun. Name body parts as you bathe your baby – arms, fingers, toes.
- Let your baby explore. Your baby loves to discover the world around her.

## Feelings

**Your baby has many moods. She looks to you and others to help her know how to feel.**

- Learn your baby’s moods. She may be shy and prefer to be quiet and alone. She may be active and love people.
- Talk about what your baby is doing and feeling. For example, “Hooray, you are happy that daddy is home.” “You are mad that Ben took your doll. Look, here is a book.”
- Create daily routines. They make your baby feel safe and secure. Have bedtime, morning and “good-bye” routines.
- Talk to your baby about what will happen next. For example, “After your bath, we will read a story.”
- Do not sneak away without warning. Always say good-bye to your baby. At this age, he may be upset when you leave. It is called separations anxiety.
- Help your baby know what behavior is allowed and not allowed. A simple “no” and a frown tells her what she cannot do. Be consistent.

## Home-life

**Stress affects your baby. Make your home calm and loving.**

- Play soft music before naps or bedtime and during the day. Soft music is soothing.
- Provide quiet times for your baby. Do not let the TV or radio play all day long.
- Do not argue and yell around your baby. It causes stress.

