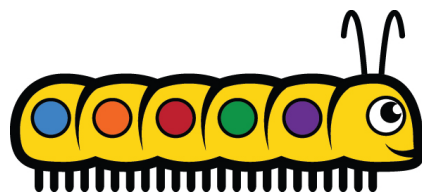




9-12 Months

Here are some ways that you can help your child learn and grow in all of the areas covered in the Connecticut Early Learning and Development Standards (CT ELDS). You may see some ideas in different areas that are almost the same. That's because children are learning a lot of different things as they learn more about the people and the world around them. These ideas don't have to be all you do with your child! You can think of new ways to build on everything included here. Just as your child is learning, you can keep learning ways to support your child's growth. The most important thing to remember as you use these strategies is to have fun and find ways to help your child learn every day!



Connecticut Office
of Early Childhood



Cognition

Provide your baby with new, slightly challenging items

Make sure your child has an opportunity to use their emerging skills. Provide them with large pop beads that they can pull apart, a container that they must shake to get items out, or use their fingers to put things in. Model new ways to use items or solve a problem. Watch for signs of frustration and provide help when needed.

Help your baby to notice things that are different

Put on a hat or glasses. Show surprise when something changes, such as when the lights go out or a dog barks. By changing things a bit or noticing changes that occur, you help your child learn to pay attention and wonder about the world around them.

Play simple games and sing songs

Simple games such as peek-a-boo and games where you repeat your child's actions help your child build their thinking skills. Responding to your child's actions with surprise or silliness, and repeating your reaction over and over, builds an understanding that actions have an effect.

Social and Emotional Development

Help your child learn to calm themselves

Your child will still need your support and caring, and won't be able to manage all their emotions for some time. But they may begin to use some ways to calm themselves. A special blanket or toy can be a comfort to your child. For some children, lying down in a familiar place can help them to calm. Talk with your child about their actions and feelings (e.g. "You're sad, but hugging your bunny makes you feel better.").

Allow your child to be "all done"

When your child has had enough of a situation and shows you they want to be done, allow them to make this choice if possible. You can't always allow this choice for reasons of health and safety, but when you can, allow choice. Your child will begin to recognize their own feelings and communicate their needs. Watch for signs that your child is becoming overwhelmed or fussy. Ask if they are "all done" using words or sign language.





Physical Health and Development

Provide a safe place for your child to move about

Find places and times that your child can explore and move about safely without sharp corners or things that break easily. Use couch cushions or blankets to make a soft floor and play music for your child to react to. Section off some space outside to throw or roll balls. Find a safe place for your child to practice pulling up to stand or to get their balance.

Give your child objects to handle

Provide your child with safe snack foods that they need to pick up with their first finger and thumb (e.g. oat cereal, small crackers). Give them empty boxes or soft blocks to stack, or large beads and containers to use. Toy cars, dolls, and puppets can encourage your child to use their hands in different ways.

Get your child involved in dressing, bathing, and eating routines

Bath and dressing times are great opportunities to build motor skills and body awareness. Allow your child a chance to pull off their socks, handle clothing items, or hold a cup or spoon. These actions involve your child in the daily routine and provide a chance to practice motor skills.

Language and Literacy

Talk about objects and actions

Talk about what your child is doing. You can use full sentences, but emphasize or repeat the main object or action to help your child focus on the main words. For example, if your child drops a spoon during a meal, you might say, "You dropped the *spoon*. Where is the *spoon*?"

Sing songs, play games, or label body parts

Your child is becoming more aware of their own body, so they may be naturally interested in these names of body parts. Cover your child's foot with a blanket and ask, "Where's your foot?" Uncover it and say, "There's your foot!" and then tickle or rub their foot. Sing "Head, Shoulders, Knees, and Toes" or other songs about body parts. Touch those parts of your child's body as you sing. Read books that talk about body parts, and point these parts out on your child and on yourself. Give your child a massage and label their arms, legs, or back as you massage.

Expose your child to books, pictures, signs

Singing songs, reading books, or talking about what you see in a picture helps build an interest in words and reading. Make it fun and silly sometimes. Create a special time for quiet reading. No matter how you enjoy this time together, it can be a time for you to connect and build very early literacy skills.





Creative Arts

Allow your child to show what they like and begin to make choices

The creative arts involve making choices, and making unique or different things. Allowing your child to explore their likes and dislikes, and make choices sets the stage for creativity. Allow them to eat a different food if they don't like what was offered. Give them a choice of toys to play with. Of course, you need to keep your child safe and healthy, but you can still find times to allow your child to make choices.

Point out colors, shapes, textures, and movement during everyday routines

The grocery store, the park, or even your own cupboard can be a chance to explore and talk about lots of different things! Notice and talk about the things you see, hear, smell, and feel.

Notice and comment on the things your child does

Comment when your child stacks two blocks, makes a silly noise, moves to music, or shakes an object. Encourage your child to do things that you can hear, feel, or see.

