

LET'S READ AT 12 MONTHS!

**This is what it looks
like when we read:**

**I learn from books
when you:**

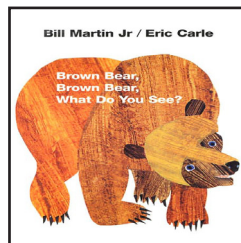
**Let's read these
books together, too!**

**You can check out these
and other great books in
the Monroe County Public
Library's Children's area!**

- Books are one of my favorite things and I'll carry them around for fun.
- I'm strong enough now to listen sitting up on my own, but I still like to cuddle, too.
- I'll try to use words to name the pictures. Encourage me to keep trying!

- Ask me questions about the story as we go along.
- Make reading a part of our daily routine, just like breakfast or bath time.
- Sing songs to me with words from the book.

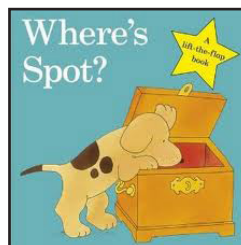
Bring books everywhere we go! Turning pages, lifting flaps, and studying pictures keeps me happy!



Brown Bear, Brown Bear, What Do You See?

by Bill Martin Jr. and Eric Carle

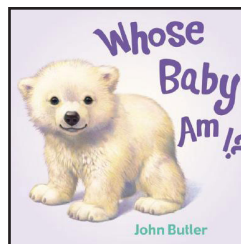
A rollicking rhyme with colorful pictures by Eric Carle introduces familiar animals.



Where's Spot?

by Eric Hill

Spot is nowhere to be found. Lift the flaps to find Spot, so that he may have his dinner!



Whose Baby Am I?

by John Butler

Name the parent of each adorable animal baby as you turn the page.

your child @[™]

12 to 18 months

highlights of what's
happening at this stage of
your child's development ...

As your child begins to walk, run, and climb, she needs freedom to explore and clear limits to keep safe.

Your child's health

The Well Visit

Make sure your child has a 1-year check-up. Your doctor will give vaccinations and ask you questions about your child's development.

Let your doctor know if your baby:

- Does not crawl.
- Drags 1 side of his body after crawling for over 1 month.
- Cannot stand while supported.
- Says no single words.
- Does not point to objects or pictures when asked.
- Does not use gestures such as waving or shaking the head.

Schedule your next visit. You will probably need to come back at 15 or 18 months.



Sleep

At this time, some children start giving up their morning nap and take just 1 afternoon nap each day.

Nutrition

By 12 months, your baby is ready to stop drinking formula. Now, he should drink up to 16 to 24 ounces of whole milk a day. Also, put milk or water in a cup instead of a bottle.

At 12 months, your child might not eat a lot at each meal. Give her 5 or 6 small healthy meals a day instead of 3 larger ones. Cut foods into small pieces to avoid the risk of choking.

Do not give your child:

- Raw vegetables
- Hot dogs
- Popcorn
- Candy
- Nuts
- Whole grapes

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your child @[™]

12 to 18 months

Nurturing your child

- Language** Read, sing, and talk to your baby all the time.
- Ask questions as you look at pictures and read stories.
 - Provide board books on topics of interest to your child, like animals or babies.
 - Teach new songs and use hand movements, such as *The Itsy Bitsy Spider*.

Tip

No matter how angry you are, never spank or hit your child.

- Behavior** For safety, now is the time to set a few limits. Make simple and clear rules and use the same rules over and over again. You can also try to:
- Distract your child from unsafe objects or activities.
 - Save “no” for safety issues. If your child hears “no” too often, she will start to tune it out.
 - Give a stern or firm look for little things and move to a safer activity.

- Play** Use play to teach your child to imagine, invent, and solve problems.
- Plan time for her to play with friends as well as alone.
 - Play inside using different objects and toys, like stacking boxes or cups, and play outside when possible.

Your child's safety

- Around the House**
- Use safety latches on drawers, cabinets, and toilets.
 - Keep hot liquids out of reach.
 - Never leave your child alone near water, open windows, or fireplaces.
 - Cover sharp edges and electrical outlets and put gates on stairs.
 - Call poison control immediately if you think your child has eaten or drunk something poisonous: 1-800-222-1222.

- In the Car** All infants and toddlers should ride in a Rear-Facing Car Seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer. Any child who has outgrown the rear-facing weight or height limit for his convertible car seat should use a Forward-Facing Car Seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer.



TIPS | for parents of Babies

It's never too early to read to your baby. As soon as your baby is born, he or she starts learning. Just by talking to, playing with, and caring for your baby every day, you help your baby develop language skills necessary to become a reader. By reading with your baby, you foster a love of books and reading right from the start. The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ Snuggle up with a book

When you hold your baby close and look at a book together, your baby will enjoy the snuggling and hearing your voice as well as the story. Feeling safe and secure with you while looking at a book builds your baby's confidence and love of reading.

■ Choose baby-friendly books

Books with bright and bold or high-contrast illustrations are easier for young babies to see, and will grab their attention. Books made of cloth or soft plastic (for the bathtub) or "board books" with sturdy cardboard pages are easier for a baby to handle.

■ Keep books where your baby can reach them

Make sure books are as easy to reach, hold, and look at as toys. Remember, a baby will do with a book what he does with everything else—put it in his mouth. And that's exactly what he's supposed to do, so you may only want to put chewable books within reach.

■ Talk with your baby—all day long

Describe the weather or which apples you are choosing at the grocery. Talk about the pictures in a book or things you see on a walk. Ask questions. By listening, your child learns words, ideas, and how language works.

■ Encourage your baby's coos, growls, and gurgles

They are your baby's way of communicating with you, and are important first steps toward speech. Encourage attempts to mimic you. The more your baby practices making sounds, the clearer they will become. Go ahead and moo, woof and honk!

■ Give baby a hand!

Encourage your baby to pick up crackers or peas, touch noses and toes, point to pictures and grab toys. The muscles in those little hands will grow strong, agile, and ready to turn pages.

■ Develop a daily routine (and make reading a part of it)

Routines can soothe a baby, and let a baby learn to predict what will happen next. The ability to predict is important when your child is older and is reading independently.

■ Sing, Read, Repeat

Read favorite stories and sing favorite songs over and over again. Repeated fun with books will strengthen language development and positive feelings about reading.

■ "Read" your baby

Pay attention to how your baby reacts to the book you are reading. Stop if your baby isn't enjoying the story and try another book or another time.

Visit www.ReadingRockets.org for more information on how you can launch a child into a bright future through reading.