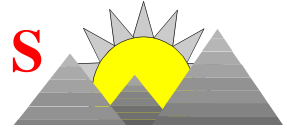


# G R E A T B E G I N N I N G S

A Series for Parents of Young Children



## 11 MONTHS

### Love and Affection Play an Important Role In Disciplining Effectively

“My eleven-month-old is into everything—poking, dumping, licking, squeezing, tossing and climbing. He's choosy about food and pours milk and cereal on the table and then splashes in it! How do I make him mind? Is he too young to understand? When do I start to discipline?”

It seems clear that you just can't separate discipline from the business of living. The relationship between you and your child is an outgrowth of everything you do **for** and **with** your child. It's from this relationship that good discipline springs. As your child grows in her love and trust for you, she'll want to please you and behave to suit you.

### Make It Easy to Act Right

A parent's role in discipline is largely to try to make it easy for Baby to be good, to do the right things. How can you do this? Start by thinking about how your child is learning and growing. Remember that when your child sees something bright and pretty, at this age he learns by feeling and tasting it. “Look, but don't touch” is almost meaningless at this stage.

### Safety First

It pays to give your child simple toys and safe places to play. Try to avoid situations where you must constantly pull your child from the brink of disaster.

If you remove your child from dangerous situations quickly and firmly, she is likely to learn quickly. Use words that describe the situation—like “hot,” “tastes bad,” and “can cut,” rather than “don't” or a flat “no.”

Over a period of time your child will learn from your face and voice, as well as from your words, that certain situations are dangerous and must be avoided. The hardest part of teaching about safety is to be able to teach your child what is dangerous without punishing her natural curiosity.

### Make Your Expectations Clear

Be patient, gentle and understanding, but keep showing your child what you expect. Let him know when you are unhappy with his behavior, but be sure to emphasize what **behavior** you are unhappy with. For example, say, “No—biting hurts! I can't let you bite me.”

Your baby may continue to do something that is a “**No-No**” just to get attention. It becomes a game. She crawls to a forbidden object and turns around to look at you. You say “**NO**,” but she reaches out to touch anyway. You get angry and say “**NO**,” again. She reaches again for the object, waiting for your “**NO**,” and so the game goes on.

## What's It Like to Be 11 Months Old?

### *How I Grow*

- I STAND BY MYSELF!
- I hold a toy in one hand while pulling myself up on my feet with the other hand.
- I may even wave while standing, and turn my body around without falling down.
- I walk if you hold one or both of my hands.
- I easily squat down, stoop, bend over, and then get up.
- I hold a pencil or crayon and love to make marks.
- I take a spoon and put it in my mouth.

### *How I Talk*

- I know that words are used to identify things.
- I use one word to express a complete thought.
- I babble and mumble gibberish quite a lot, but I do know a few words.

### *How I Respond*

- I copy everything I see, and then do it my own way.
- I try to get your approval, and hide when I know you are not pleased.
- I may test you to see how much I can get away with.

### *How I Understand*

- I see the expression on your face and copy it. I'm learning from you!
- I try to bark and meow when I see a dog or a cat. I am learning how people, animals and things function.
- I like to look at pictures in books and magazines.
- I know that tools will help me, like pushing a chair in front of me to steady my walking.

### *How I Feel*

- I need you more these days and cling to you, especially in new situations.

- I love to shake my head and say “no” even when I mean “yes.”
- I may cry, scream, and have tantrums if I don't get my way.
- I feel guilty when I do something wrong.

## Toilet Training—When?

Some parents may be tempted to start toilet training too soon. But training probably will be easier on everyone if you wait until daily bowel movements are regular, and your child can tell you her needs in words.

## The Shopping Challenge

Now that Baby is getting more mobile, you may find it difficult to shop with her. She'll surely need a closer eye as she scampers around the clothes racks and through the shelves of merchandise. She is curious and wants to grab onto everything! Now, she is grown up enough to reach all those colorful items. What a treat!

Many parents of eleven-month-olds especially enjoy the *luxury* of shopping occasionally without Baby. From time to time a good sitter can make life a little easier.

## Crib Safety

Some clever 11-month-olds have figured out how to climb out of their playpens and cribs. Keep alert for escape artists!

## Learning to Walk

If your baby seems interested in walking, but just can't get it all together, you may want to help this process along. Hold his hands and guide his steps. Show him how to hang onto furniture for support. Be prepared for some high stepping!

## Favorite Words

If a poll were taken, it would be easy to predict that the favorite words of parents are “Mama” and

“Dada.” The overwhelming favorite word of toddlers, however, is “No!” Once you hear this word, be prepared for a lot more of it.

## Toy Ideas

Many eleven-month-olds like nesting cups—the kind that fit inside each other. You can make a homemade set by using plastic containers that fit inside each other.

## Games Babies Play

### *Play Ball: An Eyes-and-Body Game*

**Purpose of game:** Teaches your baby to crawl to get things and to find out about them.

**How to play:** Take a ball that your baby likes and roll it towards, away from, and then to the left and right of your baby; say, “Look at the ball. Go get the ball;” your baby will try to get the ball by crawling after it.

### *Another Eyes-and-Body Game*

- Move things away from and back to your baby while he watches. This helps your baby see that distance may affect how things look, but it doesn't change their size.

### *Copy Cat*

Here are some variations for the old *copycat* game:

- Play pat-a-cake.
- Make a funny face.
- Wave bye-bye and say the words.
- Open and close your eyes and mouth.
- Move your head from side to side, up and down.
- Pretend to drink from a cup and eat from a spoon.
- Get on your hands and knees and crawl or creep.
- Make sounds like kisses, singing, and nursery rhymes.

## Choosing Toys

As you choose toys for Baby, think about his newest *trick* or accomplishment. Cause-and-effect toys can be fun at this age. The pull-toy that shakes, rattles or speaks as it's pulled encourages action and curiosity.

Check all toys for safety. Are there parts that can be swallowed? Could it break into sharp or splintered pieces? Is the paint non-toxic? Are there points that could injure your child's eyes or nose? Will it hold up a long time under rough treatment?

Try to pick out toys that encourage action. Read those labels! Look for age recommendations such as “Not recommended for children under one.”

Protecting your child from unsafe toys is a big responsibility. Careful selection and proper supervision during play is the best way to protect your child from toy-related injuries.

## Poisonous Plants

Small children may be tempted to nibble on plants in the home, especially at holidays and at other festive times when beautiful green plants brighten the home.

Poisonous house plants include:  
Dumbcane (*Dieffenbachia seguine*)  
Jerusalem Cherry (*Solanum pseudocapsicum*)  
Oleander (*Nerium olenader*)

You may want to avoid growing potentially hazardous house and garden plants until your child is old enough to recognize and respect such plants.

If you suspect that your child has nibbled on a poisonous plant, call your doctor or Poison Information Center at once. If you're unsure of the plant's name, have it identified by your local florist, nurseryman or other knowledgeable person.

## Make the Most of Your Time

Time is a valuable resource. You can control the use of time or let time control you. It all depends on how you make use of your time. Here are some ways to make the most of your time:

Decide what your goals are and what you need to do to reach these goals. For example, you may want to go back to work or back to school. List all the steps it would take to achieve your goals. Then try to follow the steps to make the goal a reality.

**Write a list** of things that need to be done. Make a new list every day. Rate the three most important items A-B-C or 1-2-3. Do these three things first. Cross out tasks as they are completed.

**Expect the unexpected.** Be prepared to revise your list as needed.

Try to reduce the time and energy you spend feeling guilty or frustrated about things you can't complete or jobs you can't do.

**Avoid clutter.** Make a simple daily housekeeping schedule with basic, important tasks on it. Routines reduce thinking time.

**Plan ahead to save time.** Leave 10 minutes earlier for an appointment—being early cuts down on stress.

**Be good to yourself.** Set reasonable goals, deadlines, and schedules that you can achieve within your time plan.

## Questions

**Q:** “My 3-year-old niece lives with us. She sometimes hits the baby and seems to hate her at times. What should I do?”

**A:** Now that your 11-month-old baby is crawling and moving around, the older child may regard her as a threat. She gets into her things, takes you away, and sometimes is a pest and an intruder to her.

Remember that your niece was the king-pin around the house until her cousin was born. She now needs to be reassured and often told that she is still loved and cared for. You should also make it clear to her that certain behaviors—like hitting her cousin—are not acceptable. When she does hit her, you have to either physically stop her, move her out of the situation, or hold her while you explain why she can't hit.

It might help if you spend some time alone with the older child, free from distractions and free from your baby. You can give her your complete attention and do whatever she would like to do. You can plan the time around your baby's naptime or in the evening. Stimulating your niece's interest in other things, such as play activity or friends, will also help occupy her time.

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