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12 Months

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GREAT BEGINNINGS

A Series for Parents of Young Children

12 MONTHS

Meeting Those Important Needs

Do you ever wonder what your child's needs will be in order to become everything he has the capacity to be? Maslow suggests that there are five basic needs all humans must satisfy in order to be successful in life.

1. **Physiological Needs.** Sleep, hunger and thirst. These needs have been the main needs motivating your infant up to now. You've learned first hand that a hungry or tired child isn't very interested in playing learning games—or anything else—until those needs are met.

2. **Safety Needs.** In order to develop a sense of trust a child needs a secure, stable, consistent environment with routine events and familiar faces. Your child must feel free from danger and physical harm in order to advance to the next level.

3. **Love and Belonging Needs.** If your child has her physical and safety needs met, love and belonging needs will emerge. She will give love and want to be loved by others. Baby can begin to feel like a member of an important group—your family. She'll discover that real love must be given in order to be received, and that it requires honesty, trust, unselfishness, commitment and unconditional acceptance.
4. **Esteem Needs.** If your child has been able to love and be loved by another, he can proceed to this next level. Esteem needs are equally divided between self-respect and respect for others, or the feeling, "I'm okay and you're okay."

5. **Self-Actualization Needs.** This is a life-long process of becoming everything your child has the capacity to be. This need is difficult to satisfy because even when the lower needs are satisfied, self-actualization requires extraordinarily strong belief-in-self.

Feelings of Security

Does your child get upset when you leave her—even for a couple of minutes? This is quite normal. You are her security and she doesn't know for sure that you will come back. You can help meet her needs for security if you faithfully tell her each time you leave. Repeat several times that you will be back. As you know, peek-a-boo is a great learning game for helping to get this point across.

Language Development

Your child's first words will probably be one-word puzzles for you to figure out. Your child may say, "go", but may **mean**, "Where did Daddy go?," or "I want to go to the car." With one word, your child is trying to tell you a complete thought.

Children who flourish the most in language development have parents who are very creative in figuring out what these *one-word puzzles* mean. The parent's interest and feedback serve as a powerful

reinforcer for the child so that she is motivated to try to talk more.

It may be helpful to encourage your child to combine gestures with single words to make himself more understandable.

Learning to Talk

If you call, “Where is kitty?” or “Where is the ball?” does your child look in the accustomed place, point his finger, and make an appropriate noise? Some children can “get this act together” by the end of their first year while others may do only one of the three things. Remember, your child's own uniqueness and what you do with your child determine her rate of development. Pushing her to do something that she's not ready to do yet will only frustrate her and make her have less self-confidence. Self-confidence seems to be one of the keys to a happy and productive life, so try to help your child grow in ways that build a positive self-image.

What's It Like to Be One Year Old?

How I Grow

- I may walk, but still prefer to crawl—it's faster!
- I may also try to do other things while I'm walking, like wave to you, or pick up my favorite blanket.
- I stand by pushing up from a squatting position.
- I climb up and down stairs, if I have the chance.
- I may even be able to climb out of a playpen or crib.
- I use my hands to remove lids from jars.
- I hold things with one hand while I'm doing something else with the other hand.
- I use my index finger to point to things.
- I try to dress or undress myself, but I'm not very good at it yet.
- I insist on feeding myself.

How I Talk

- I repeat words I know—it's good practice.
- I babble away in phrases that sound like short sentences.
- I make up my own words to describe objects or people.

How I Respond

- I trust people I know well.
- I imitate people, even if they are not around.
- I am still afraid of strangers and unfamiliar places.
- I am very definite about my likes and dislikes.

How I Understand

- I remember more because my memory is getting sharper.
- I hunt for a toy, and even if I don't find it right away, I can remember where I saw it last.
- I keep trying to do something and may even solve the problem through trial and error.
- I follow simple directions and understand most things you say to me.
- I have favorites among people and toys.

How I Feel

- I feel great that I have a personality all my own.
- I'm developing a sense of humor and think a lot of things are funny.
- I still don't like being separated from you, and am relieved when you return.
- I feel secure and happy eating meals with my family.
- I feel—and show—love and affection to my favorite people and things.

Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. Look for your child's growth in each area. Encourage each new ability. If you are concerned about your child's development, talk with your doctor.

Feeding Your Baby

What, When, and How Much?

Milk. About 2 to 3 cups daily with a variety of other foods from the food groups listed below. Most health authorities recommend that a baby should be at least a year old before whole milk is given. Until your baby is 1 year of age, breast milk or formula is the most appropriate milk to feed your baby.

In addition to milk, give several small servings from each of the following food groups over a 2 day period:

- Vegetables, fruits
- Meat, fish, poultry, egg yolk
- Cheese, yogurt, cottage cheese
- Bread, crackers, cereal, rice, spaghetti

How Much Should My Baby Eat?

Your baby doesn't have to eat something from every food group at every meal. He may eat well at one meal, not so well at the next, and refuse the third meal. One hearty meal a day plus four foods from the above food groups are about average at this age. Forcing babies to eat can work in reverse and make them refuse any food. Or they may continue to eat just to get your approval.

Offering food to babies when they are upset may quiet them for a few moments, but it will also teach them the habit of using food as a solution to problems. Instead, try to find the cause of the problem and solve it, without using food as the pacifier.

Kitchen Learning

When you're not rushing to fix a meal, there's a one-year-old "helper" who would probably love to get involved. Here are some things your child might like to do:

- Wave measuring spoons in the air.
- Bang pots together or bang spoons inside the pots.
- Put smaller pots inside larger pots.
- Dump beans or macaroni back and forth between pans, cups, bottles and boxes. Watch carefully so your helper doesn't choke on the beans or macaroni.
- Put measuring cups inside each other.

Remember to join your baby in play every once in a while. Talk to him so he can learn the words for action. Say things like, "Jimmy is banging the pan on the floor!" "Susie is making a very big noise!" or "Jerry is putting one pot inside another pot."

When you get a chance, show your child new and different things to do with her toys.

Games Babies Play

Pull-the-Right-String: A Using-a-Tool *Game*

Purpose of the game: Helps your baby learn to use objects as tools to get what she wants.

How to play: Hold your baby in a sitting position on your lap facing a flat surface like a table top; while she is watching, tie one end of a piece of string around a favorite toy; place the toy out of reach on the table and say, "Get the toy;" your baby will learn to pull the string to get the toy.

Another Using-a-Tool Game

- Place the toy on the string out of reach again.
- Place two more strings alongside the string with the toy attached.
- Your baby will learn to pull the string with the toy attached.

Intellectual Stimulation

Remember, you are your child's best teacher. It takes less than a minute to play pat-a-cake, clap hands, sing a song or give hugs and kisses. These little one-minute investments will pay back in big dividends throughout your child's life.

Social Development

No baby can feel secure in a world where things are always changing. When you carry out routines much the same way each day and use the same words for familiar objects, it helps your child settle snugly and happily into his environment.

What Little Boys and Little Girls Are Made Of

Parents sometimes treat boys and girls differently, and react differently towards them. They may give toy trucks to boys and dolls to girls. They may get upset if a boy picks up a doll and starts playing with it because they think a doll is a girl's toy. The same thing may happen when a girl plays with a toy truck or car.

Although your child is still a baby, it's not too early to consider your own attitudes about sex roles. Now is a good time to evaluate the messages you want to give about "what little boys and little girls are made of."

Here are some questions to help sort out your attitudes:

- Do I hold back hugging my son just because he is a boy?
- Do I use a different tone of voice for my daughter than I would for a son, even though tenderness is comforting for both sexes?
- Do I expect different kinds of behavior from my children because of their sexes—for example, leadership and strength from a son, and crying and softness from a daughter?

Allowing children to express themselves freely regardless of their sex will help them grow into healthy, capable and confident individuals.

Building Self Confidence

Being a parent can sometimes tax your patience, as well as your confidence in your ability to cope with daily problems. At times you may feel comfortable and self confident, and at other times you may feel uncertain and fearful about your decisions.

We all strive to feel comfortable and good about ourselves. Self confidence is measured by the way we feel and the way we behave.

There are ways to bolster your self confidence, so that you feel better about yourself. Here are a few suggestions:

- Examine and determine what YOU want out of life—not what other people want for you, or want you to do.
- Don't put yourself down. Instead of saying, "I can't do it," try saying, "I am going to try to do it."
- Live your life from this moment on. Don't become discouraged by past mistakes.
- Trust your own decisions. You are the best judge of what works well for you.

Looking Back

Looking back, you have many memories of all the things you have shared with your baby. Do you remember the times when you stayed up all night? How about the times that you thought the crying would never stop, or the times that your baby smiled and laughed and you felt good sharing his joy?

Do you remember when your baby....

- Made his first sound besides crying?
- Held his first toy?
- Used a spoon the first time?
- Took his first steps?

You could go on and on reliving the memories, some of them happy and some of them not so pleasant.

But now you and your baby are ready to move on to the second year. There are many more *firsts* to look forward to: the first walking steps taken alone, the first words read out of a book, the first day at school, and so many others.

It is often easy to forget the things that work well in the process of raising a child. Here are a few thoughts to keep in mind:

- You are your baby's first teacher. Teach the things that you think are important in life.
- Follow your common sense when you have a problem. Do what you feel is best for you and your baby.
- Try to take some time out for yourself—your needs are important, too.

Your role as a parent has not ended. For your baby, life has barely started. He is just beginning to learn about the world around him, and there will be many new adventures to share through the years.

Try to take a moment in the next few days to jot down a few sentences about the incredible year you and your child have just been through. You've both grown and developed in many ways. By the end of the first year your baby has developed his own personality. He's a full-fledged member of your family.

Safety Tips: Auto Safety

Select a federally approved car safety seat. To find out which car seats are federally approved in providing safety for your child, you can get a list from the American Academy of Pediatrics. Send a self-addressed, stamped business size envelope to: American Academy of Pediatrics, Family Shopping Guide, P.O. Box 927, Elk Grove Village, Illinois 60009-0927. If you do not have access to a car seat, temporary measures can include securing your child in an adult seat belt. You also should wear your seat belt in order to be an effective role model for your child.

NEVER leave a child alone in a car. There are many dangers in leaving your child unattended in a car. In hot weather, your child could die from the heat. The temperature inside the car can reach outrageous temperatures in a matter of minutes.

Seat your child in the center rear seat of the car. This is the safest place in the car. Never allow your children to ride in the back of a station wagon or a truck.

Buckle up and lock up! Before the car moves, all seat belts or restraining devices should be fastened and all doors locked.

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