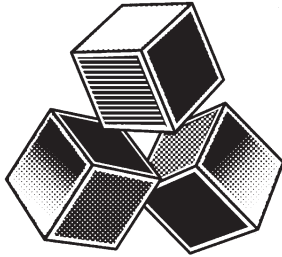


13 and 14  
Months Old



# PARENT EXPRESS

## A Guide for You and Your Child

### Dear Parent:

*Congratulations! You've made it through the first year.*

You can look back over the last year with pride. You now have many memories of the times you have shared with your baby. Remember when you thought her crying would never stop? Remember the time she giggled with glee, and you felt good just enjoying her happiness?

Now you and your baby are ready to move into the exciting second year. She will grow fast and will learn a tremendous amount this next year. It is an important time for your child. It is a time when she:

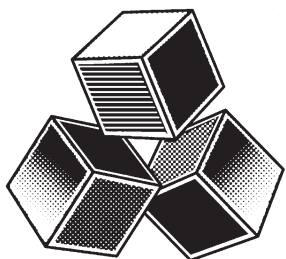
- ▶ Moves from babyhood into childhood
- ▶ Learns new skills such as feeding herself
- ▶ Can do many things, but does not always know how these actions could hurt her or others
- ▶ Is curious. This curiosity will delight as well as frustrate and tire you.

Guiding and caring for your child this next year will be a challenging and exciting experience. She'll need a lot of attention and encouragement from you. You'll need a sense of humor, some time for yourself, and lots of common sense. Knowing that your child's dramatic and changeable behavior is both normal and temporary can help you during this time.

Enjoy and celebrate your child's second year.

### In This Issue

- ▶ The First Three Years: Crucial to Development
- ▶ Surviving the 12- to 18-Month-Old Child
- ▶ Sometimes It's Hard to Give Up the Bottle or Breast
- ▶ What It's Like to Be 13 and 14 Months Old
- ▶ Playing Responsively
- ▶ Copy Play
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- ▶ Homemade Toys That Teach
- ▶ When You Feel Like Screaming
- ▶ Television and Toddlers
- ▶ Watch Out for Poisoning
- ▶ Discipline Is Teaching



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*The way your child develops during these important first three years depends to a large extent on how you care for him and encourage his development. Parents are the first and most important teachers for children.*

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## **The First Three Years: Crucial to Development**

Your child's first three years are probably his most important, because the daily activities of infants and toddlers form the foundation of all later development. Many recent research studies show that the experiences of those first three years are far more important than previously thought for the growth and strengthening of your child's trillions of brain cell connections. Those connections are needed for his optimal development and learning.

The way your child develops during these important first three years depends to a large extent on how you care for him and encourage his development. Parents are the first and most important teachers for children.

## **Surviving the 12- to 18-Month-Old Child**

There's a lot of talk about the 2-year-old and the 3-year-old, but sometimes we forget what happens between 12 and 18 months. This period will truly test your flexibility, patience, understanding, and sense of humor. Why? Because no simple way exists to make a baby of this age explore safely or obey requests. He has to actually try out all his ideas, because his brain is not yet ready to picture the consequences of his actions. He has no way of knowing if his idea is dangerous before he acts.

Your child loves to explore, and he needs to explore to learn, but he can so easily get into trouble. Your role as his teacher is crucial at this time. You'll

need to watch him constantly and protect him and your belongings from harm, and that is not easy.

Baby-proof your home by removing anything with which he can hurt himself and anything he can damage. This may mean storing the coffee table and removing the plants for a while. Many plants have parts that are poisonous if eaten (refer to Watch Out for Poisoning section below). With a child this age, it's impossible to keep a home neat and clean.

When accidents do happen, understand that your baby is not trying to be mean. He may be a little over-enthusiastic, but he is not deliberately naughty. Consider the sacrifices you make in your lifestyle today as an investment in your child's growth and happiness. Believe it or not, he will learn to be responsible.

Welcome this adventuresome little human being into your life. When you need some quiet and peace of mind, beg or borrow someone to watch your child, put your little one in a playpen for a short time, or take him for a walk or ride. Take advantage of your child's naptime to get some rest and relaxation yourself.

## **Sometimes It's Hard to Give Up the Bottle or Breast**

Weaning your child from bottle or breast should be done slowly. Most babies aren't ready to give up the bottle or breast one day and begin drinking from a cup the next.

By now, your child has probably been drinking from a cup or a sippy cup for a while. If you've also been giving

iron-fortified formula in a bottle or milk from the breast, now is the time to give milk in a cup at mealtimes. Your child will be drinking less milk (about 24 fluid ounces a day) because she will be eating more solid food. As your child eats more and more solid food, there will be less need for the bottle or breast.

Some children may still want to breastfeed or suckle from a bottle when they wake up or when they go to sleep. This is okay as long as your baby doesn't go to sleep sucking on a bottle. Also, you should not fall asleep with your breast in your baby's mouth. Sucking all night can cause tooth decay and ear infections. If your child is not already brushing her teeth with toothpaste, this is a good time to begin helping her learn to handle a toothbrush.

After a while, your child will forget about the bottle or breast. Don't offer it. Let your child ask for it and then give it only if she really seems to need it. See if she won't settle for something else to drink instead. Limit the time the child breastfeeds or drinks from a bottle. If you let your little one carry a bottle around during the day, it will be harder for her to give it up.

Don't put fruit drinks, soft drinks, fruit punches, or beverages other than milk or water in a bottle for your child. These drinks are not nutritious; they are mostly sugar and water. When your child is thirsty, offer tap water, whole milk, or 100 percent fruit juice in a cup. Some toddlers drink from a bottle longer than others. Be patient. Don't force your child to give up bottle or breastfeeding before she seems ready.

# What It's Like to Be 13 and 14 Months Old

## How I Grow

- ▶ I can climb onto a low ledge or step.
- ▶ I don't like any type of restraint; I want to explore everything.
- ▶ I poke, bang, turn, and twist everything I can reach.
- ▶ I can probably stand alone and walk pretty well.
- ▶ I can probably stoop and stand up again.
- ▶ I'm interested in small things like crumbs, bugs, and pebbles.
- ▶ I spend a lot of time just staring at things; this is one way I learn.
- ▶ I may be afraid of the dark.

## How I Talk

- ▶ I am learning simple words.
- ▶ I can look in the right direction when you ask "Where's Daddy?" or "Where's the ball?" or "Where's the kitty?"
- ▶ I will respond to my name.
- ▶ I will wave bye-bye if you ask.
- ▶ I have begun to understand the names of some people, animals, and things that are important to me.
- ▶ I can let you know when I want something like a glass of milk.
- ▶ I like putting sounds together.
- ▶ I try hard to make you understand me.
- ▶ I like to repeat words you say.
- ▶ Sometimes I like you to tell me the names of things pictured in a book, but I don't much like stories yet.

## What I Have Learned

- ▶ I am learning what you will let me do and what you won't let me do.
- ▶ I will empty anything I can get to—dresser drawers, kitchen cabinets, trashcans, or laundry baskets.
- ▶ Sometimes I like to put things back into containers.
- ▶ I like to imitate your actions.
- ▶ I have learned how to get you and other adults to help me do things.
- ▶ I have not yet learned what is dangerous for me to do.
- ▶ I may scream just to show you how powerful I am.
- ▶ I have learned pat-a-cake and like to show it off to appreciative audiences.
- ▶ Sometimes, not often, I will respond to a firm "no, no."

## How I Get Along with Others

- ▶ I love to have people watch me, and I like to hear them clap for me: I'm beginning to do cute things just to get your attention.
- ▶ I show I love you with hugs and kisses...sometimes.
- ▶ I still like to keep Mommy and Daddy in sight when I'm exploring.
- ▶ I'm beginning to adjust to babysitters, but I'm still shy with strangers.
- ▶ I like to have you play with me.
- ▶ Sometimes I drop things just to get you to pick them up for me.
- ▶ I don't much like playing in a room by myself.
- ▶ I may have tantrums and throw things when I'm angry.

## What I Can Do for Myself

- ▶ If you help me, I can hold a cup and drink from it.
- ▶ I like taking off my hat, shoes, socks, and pants, but I can't put them back on.
- ▶ I can hold a spoon, but I probably can't eat with it yet.
- ▶ I like to feed myself with my hands and smear food on my face and everything I can reach.
- ▶ I can open and close doors.

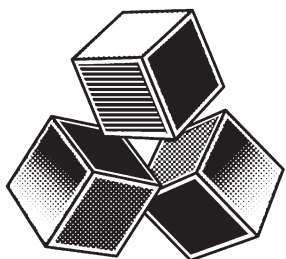
## Play I Enjoy

- ▶ I like to push a rolling toy and put things in piles.
- ▶ I can play alone, but mostly I like to play with you—especially chase-me, catch-me, find-me games, and gentle roughhousing.
- ▶ I like putting little things inside big things.
- ▶ I like to listen and dance to music.
- ▶ I'm beginning pretend play, like driving a pretend car.

## Playing Responsively

Play is the way a child learns. He loves to play with his parents and other caring adults. Play with him in ways that don't take away his pleasure or his opportunities to learn. Here are some simple rules of play for you:

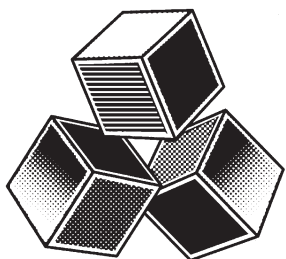
- ▶ Watch your child without interrupting, observing his interests and his skill levels. You are learning about how he plays.
- ▶ Join in and play at your child's level, letting him lead. If you try to teach complicated ideas too quickly, your child might be confused and frustrated.
- ▶ Ask your child to tell you about what he's doing but don't pass judgment.



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- ▶ After playing for a while at your child's pace, you might introduce a slightly more difficult stage of play. For example, if your child can put together a two-piece puzzle, try one with three pieces. If your child likes building with blocks, you might show him how to combine block play with toy animals.
- ▶ Every now and then, stop playing yourself and just watch your child play. Watch how he explores his new activity. After your child learns to do something new by himself, you can join in and suggest another new activity.

Remember, your child's attention span is short. When he decides to stop playing, let him do so.

## Copy Play

You may have seen how your little one likes to copy what you do. She may try to feed you pieces of food the way you feed her. If you accept the food and show you enjoy it, she will laugh gleefully. This makes her feel important.

You will enjoy seeing your child try to copy the things you do—eating, washing, cooking, cleaning, and so forth. Your little one will especially enjoy having you play games in which you copy her. She likes that because it shows her that you are being responsive, that what she does is important to you. This helps build her self-confidence.

Try copying her hand movements, her play activities, her body movements, or her language. She'll giggle happily, and she'll be learning how her own movements look to you.

Mirror play is fun for your little one at this age. She likes to watch you in the mirror while you copy her. She'll also

enjoy just watching herself in the mirror. She'll laugh at her smiling reflection and may pat or kiss it.

You can use imitation to help your little one learn. When she is learning to drink from a cup, you can drink to show her how. When you want her to pick up toys, you can set an example.

## Other Imitation Games

You can show your child how to build with cans, boxes, or other similar objects. He can learn to build designs by imitating what you do. You can build pyramids, trains, or towers together.

## Games for Growing Building a Tower

### Purpose

This game helps your child build a tower by himself so that he can understand that things can be combined to make other things.

### How to Play

- ▶ Sit on the floor or at a table by your child.
- ▶ Place blocks in a pile in front of you and your child.
- ▶ Build a tower with two or three of the blocks.
- ▶ Don't knock down the tower. Take it down, one block at a time.
- ▶ Ask your child to make another tower.
- ▶ If your child doesn't start to make a tower, hand the child a block and say, "See, we can put one on top of the other."
- ▶ When your child puts one block on top of another say, "You can do it." (If the tower falls, don't make a big deal out of it.) Some children cannot do this until they are older.

- ▶ Don't worry if your child needs more time or more practice. Be patient and encouraging and stop the game before your child becomes bored or frustrated.

## Pop Goes the Weasel

### Purpose

This game helps your child listen for a special signal and act on it. Your child will learn to listen for the "pop" and jump up without help when she hears it.

### How to Play

- ▶ Sit facing your child on the floor or on low chairs.
- ▶ Sing to your child:
  - All around the carpenter's bench
  - The monkey chased the weasel.
  - The monkey thought 'twas all in fun.
  - POP! goes the weasel.
- ▶ As you sing "pop," take your child's hands and pull the child up. Then set your child back down as you complete "goes the weasel."
- ▶ Soon your child will listen for the word "pop" and have fun jumping up without your help.

## Homemade Toys That Teach A Chance to Create Together

Toys don't have to come from stores. Some of the best toys for your child can be those you make from things you have around the house. Each of the next 11 issues of Parent Express will include a section on homemade toys that can be both fun and educational.

Homemade toys are almost free, and they give you and your child a chance

to create something together. Let your child help you decide how to make the toy and let him help you put it together. This will encourage his creativity and help him learn new skills. Even young children can help by suggesting colors and choosing supplies; older toddlers can paste and color.

Your child gets other special benefits from homemade toys. He gets more toy variety because when he breaks the toy or gets tired of it, you and he can change it or toss it out and make another.

He also is learning that he can make things for himself and that he doesn't need to buy all his fun from a store. This increases his sense of self-reliance while helping him build his imagination and skill.

There is no limit to the types of toys you can make. We'll give you just a few examples. Watch your child and make toys that will fit his interests and skills. **Be careful about safety.** Watch out for sharp edges or other things that could choke or hurt your child if they are broken or go into his mouth.

## When You Feel Like Screaming

Raising a toddler can sometimes make you uptight. Your child is becoming more and more of a challenge every month. It's hard to be the one who is always responsible. Your body may get tense, and you may feel like screaming or hitting something.

When you think you just can't stand it one more second, stop. Take time out. Here are a few time-out relaxers to try:

- ▶ Close your eyes and take long, deep breaths.
- ▶ Make sure your child is in a safe place, then close yourself in a room for just a few minutes until you calm down.

- ▶ Ask a friend or relative to watch your child for a short time.
- ▶ Look in the front of your telephone book and see if there is a parental stress or similar hotline. Call the number. Keep it posted near your telephone with other emergency numbers.

When you take time out to handle your stress, you're doing yourself and your child a big favor. Besides saving your child from painful words and actions, you'll be showing your child a good way to handle stress.

## Television and Toddlers

Television is not a good babysitter. Most young children would rather be doing other things at this age. Watching television does not give your child the muscle exercise he needs. It does not give him a chance to explore or to be an active learner. Unless you're watching television, too, it's also lonely.

Some parents try to have their children watch television to keep them quiet, but these children might become hooked on television. They might sit and watch for hours, even when they're older. Too much of this can keep them from playing and making friends. It may also contribute to unwanted weight gain and obesity.

The television makes it hard for your little one to talk to you and hear you. This can delay the important development of language skills.

Do your toddler a favor and turn off the television except for special programs. When he does watch television, talk to him about what he is seeing. This talking may be the best part of the program for him.

## Watch Out for Poisoning

Did you know that children between the ages of 10 and 20 months are far more likely than children of other ages to be victims of accidental poisoning? Poisoning most often happens when children have learned to crawl. They get into things and are curious about the world around them, but they have not yet learned what is dangerous.

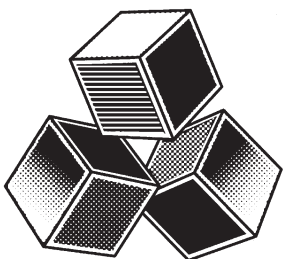
To young children, all colored liquid looks like juice and all white powder looks like sugar. Your curious explorer needs to be protected from these things.

Many things can poison children, including:

- ▶ Garden and houseplants
- ▶ Colognes, perfumes, hair products, and cosmetics
- ▶ Tobacco
- ▶ Food flavorings and spices
- ▶ Gasoline and particularly antifreeze, which has a sweet flavor
- ▶ Insecticides, roach sprays and powders

Many garden and houseplants are poisonous if eaten; oleander and castor bean are especially dangerous and can be fatal. Some plants cause vomiting; others cause changes in a child's heart rate, body temperature, or bowel movements. Know the plants in and around your house. Be aware of plants that have hairy or thorny leaves, milky juice, sap, fruit, or seed pods.

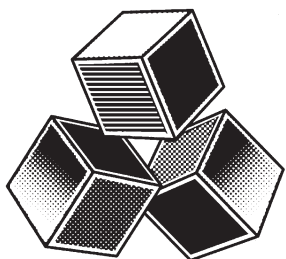
Give your house regular safety checks or ask a friend or neighbor to do a safety check. Other people can often see things you don't because you are too familiar with the surroundings. Make sure everything potentially dangerous to your child is locked up



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*Make sure everything potentially dangerous to your child is locked up or is out of reach and out of sight. If a child eats one cigarette, it can kill him.*

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or is out of reach and out of sight. If a child eats one cigarette, it can kill him. As toddlers learn to climb, they can open cabinets they could not reach before. Cover electrical outlets. Keep all poisonous substances in their original containers. Keep posted on your phone the telephone numbers of:

- ▶ The Kentucky Regional Phone Center and emergency number: **(800) 222-1222**. This is also the number of the National Poison Control Center.
- ▶ Your doctor
- ▶ Other emergency numbers

The Kentucky Regional Poison Center at Kosair Children's Hospital, which is also the nationwide poison control hotline, has trained staff available around the clock to answer your questions, give you first-aid advice, and tell you if further medical care is needed. No charge is made for this service.

They should be your first call in case of a possible poisoning emergency. If your child eats any part of something poisonous or potentially poisonous, including a plant, call the emergency number.

The Kentucky Regional Poison Center recommends having activated charcoal in the home. Go to their Web site, <http://www.krpc.com>, for more information.

Have syrup of ipecac on hand, but don't use it unless the doctor or poison control center tells you to. (Childcare centers in Kentucky are prohibited from keeping syrup of ipecac.) If your child must have emergency treatment, take a sample of the substance your child has swallowed or its container to the doctor or hospital.

## **Discipline Is Teaching**

What do you think of when you hear the word discipline? To some people it may mean punishment, but in the *Parent Express* series, discipline means teaching. Discipline is guiding and teaching your child to be cooperative, considerate, and responsible for her own behavior. Children need consistent, careful, firm, and fair discipline.

## **Guidance and Discipline: The Foundation of Cooperation**

By the time your baby is a year old, you have already done many things to help him behave well. Babies who are loved, protected, and comforted during their first year feel safe and trusting. They have a close, loving bond with their parents. During their second year, they will want to follow their parents' simple requests. They also will come to imitate their parents' caring behavior. As a result, they will be more likely to accept limits, guidance, and

discipline during the sometimes rocky months ahead.

Remember that discipline means helping children grow into responsible adults. Discipline may be the most difficult and the most important part of parenting. It is one way to show love.

Until his first birthday, you limited your baby's activities by distracting him, holding him, and putting harmful and breakable things out of his reach. Within the next few months, he probably will begin to understand "no," but don't expect him to respond to it very often yet.

You can now begin using words to guide and limit him. Set a few reasonable rules and stick to them. If he disobeys, stop him. Tell him the rules again and why you have them—in simple words. Do not punish him. He will learn more quickly and easily with teaching and guidance than he will with criticism and punishment. Be patient with him now—it will pay off later.

Learn more about how to do this in the upcoming issues of *Parent Express*.

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*The Kentucky Regional Phone Center and emergency number is **(800) 222-1222**. This is also the number of the National Poison Control Center.*

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