

Social-Emotional Activities for Babies 12 Months Old



<p>Keep a home routine for eating, sleeping, diapering, and playtime. Talk to your baby about routines and what will be next. This will help her feel secure.</p>	<p>Let your baby know every day how much you love him and how special he is—when he wakes up in the morning and when he goes to sleep at night.</p>	<p>Play on the floor with your baby every day. Crawl around with her, or just get down and play on her level. She will really enjoy having you to herself.</p>	<p>Play simple games with your baby, such as Pat-a-cake, Peekaboo, and Hide and Seek, or chase each other. Laugh and have fun together!</p>
<p>Your baby can “help” you while you are making dinner. Have a drawer or cupboard that is full of safe kitchen items, such as measuring cups and big spoons, that he can empty.</p>	<p>Play gentle tickle games with your baby, but make sure to stop when she lets you know she has had enough. Watch her carefully and you will know.</p>	<p>Dance to music with your baby. Hold his hands while he bends up and down. Clap and praise him when he “dances” by himself.</p>	<p>Play name games with your baby, such as “Where is Rita?”</p>
<p>Go on a walk to a park or a place where children play. Let your baby watch them and visit a little if he is ready.</p>	<p>Play with child-safe mirrors* with your baby. Make silly expressions and talk to your baby about what she is seeing in the reflection.</p>	<p>Twirl your baby around. He will enjoy a little rough-and-tumble play, but make sure you stop when he has had enough.</p>	<p>Read together with your baby. Before naptime and bedtime are great times to read together. Let your baby choose the book and snuggle up!</p>
<p>Let your baby have as many choices as possible about foods, clothing, toys, and events. She will enjoy making choices.</p>	<p>Invite a friend over who has a baby or young child. Make sure you have enough toys for both children. It is a little early for them to know about sharing.</p>	<p>Sit on the floor with your baby and roll a ball back and forth. Clap your hands when your baby pushes the ball or “catches” the ball with his hands.</p>	<p>When you are dressing or diapering your baby, talk about her body parts and show her your body parts. Say, “Here is Daddy’s nose. Here is Destiny’s nose.”</p>

*Be sure to review safety guidelines with your health care provider.

Social-Emotional Development at 12 Months



- Your baby responds to her name when you call her.
- Your baby is interested in other babies and children.
- Your baby shows many emotions, such as happiness, sadness, discomfort, and anger.
- Your baby may be shy around new people or seem jealous if you pay attention to someone else. He may need some time to watch and warm up to new people and new places.
- Your baby may have fears, such as fear of falling, darkness, large animals, loud sounds, or changes in routines.
- Your baby responds differently to strangers than she does to family members and friends she sees a lot.
- Your baby wants you in his sight all the time. He may get upset when you leave him with someone else.
- Your baby imitates other children and adults. She may imitate sounds, actions, and facial expressions.
- Your baby gives affection by hugging and kissing. He may hug or kiss you, familiar children and adults, pets, or stuffed animals.
- Your baby watches other people. She may respond to someone's pain by crying or showing distress.
- Your baby is beginning to show his likes and dislikes. He may push things away that he does not like. He may feel attached to a special toy or blanket.
- Your baby is becoming more independent. She may seem stubborn or frustrated when she cannot do something herself.