





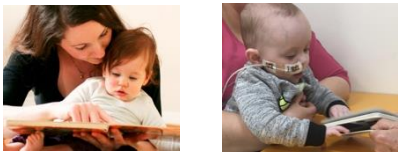




Helping my baby learn through play: 9 to 12 months old.

EXPLORING, INTERACTING AND IMITATING

| Play Idea | | How does it help my baby? |
|---|---|---|
| <p>Play with house hold items</p>  | <p>Play with boxes and paper</p>  | <p>Helping my baby learn through exploring daily items.</p> <ul style="list-style-type: none"> • Developing pretend play • Imitating parents and siblings • Using two hands together to explore objects of different shapes and sizes • Solving problems that may appear while playing |
| <p>Building Blocks and Stacking Cups</p>  | <p>Shape Sorters</p>  | <p>Helping my baby using his/her hands to learn.</p> <ul style="list-style-type: none"> • Using two hands. • Working on grasp and release. • Pulling things apart and pushing them back together. • Understanding shapes. • Understanding new Concepts <ul style="list-style-type: none"> ○ Building and putting things on top ○ Putting things inside something else. ○ How things fit together. |
| <p>Insert Puzzles</p>  | <p>Roll and Swirl Ball ramp</p>  | |
| <p>Pop up toys</p>  | | <p>Helping my baby learn by doing</p> <ul style="list-style-type: none"> • Pressing, turning, closing things • Pocking fingers in holes • Beginning to understand cause and effect |
| <p>Books</p>  | | <p>Helping my baby build his/her language</p> <ul style="list-style-type: none"> • Pointing with index finger • Pointing to what he or she wants • Turning pages • Building shared attention and concentration • Imitating first words like “duck” and “ball” |
| <p>Baby Walkers</p>  | | <p>Helping my baby get ready to walk</p> <ul style="list-style-type: none"> • Standing and taking steps with support • Choose a baby walker that encourages standing and pushing rather than one your baby sits in. <p>Note: The incorrect baby walker may delay walking and can be dangerous.</p> |

Did you know? At this age babies can point and use gestures and sounds to communicate their wants and needs. Respond to your baby’s sounds to encourage two-way communication.

Play is how a child learns. This leaflet was created to provide ideas for activities which can support development of language, cognition and motor skills. The focus is not on specific brands of toys and this is not an extensive list. Development varies from child to child and if you have any concerns about your child speak to your GP or health visitor.
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Tips to improve engaging in Play with 9 to 12 months old:

Building skills

Promote Pulling to Stand



Place a toy on an elevated surface, such as a couch; Place baby's hands on the surface encouraging them to reach for the toy and pull up.

Practice new gestures while playing



Practice together waving, clapping, pointing, shaking head for "yes" and "no". It helps with the ability to communicate, understand and respond to language

Practice Turn Taking



Roll a ball back and forth; Read to your baby while letting him/her turn the pages or interact with pictures; Take turns placing blocks to build a tower.

Remember the importance of...

Rotate Toys



Move toys to different rooms; Hide different toys for periods of time, so when the toy appears again, your baby will feel as if this is a new toy. Promotes interest and attention.

Describe actions throughout the day



Tell your baby what's happening and name objects. i.e. "we're going to the park", "milk,". Encourage your baby to respond even if it is not with words.

Social-Emotional Growth



Your baby will begin to use a series of interactive emotional signals or gestures to communicate.

Keeping your baby safe...

Prevent Burns



Never leave items cooking on the stove unattended. Keep hot liquids out of the reach of children. Establish 'no' zones, like the kitchen.

Avoid this kind of baby Walker



They may delay walking, and they can be dangerous. Some baby walkers may tip over causing your baby fall out of it.

Continue to avoid screen time



Some studies show that when the TV is on in the room parents talk less to their baby. Babies at this age love talking and interacting with you.

Did you know? As this age babies typically can become very anxious when they can't see you. Talking to them when you are in another room can reassure them that you are there and coming back.

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