



Help me to be happy, sociable and independent When I am 6-12 months old



Did you know?

- Your baby needs to feel loved in order to explore different environments.
- You need to stay close by your baby when you are in an unfamiliar place, so that they feel safe.
- Your baby is beginning to show their likes and dislikes and may push things away that they do not like.
- They use their voice to get your attention and tell you that they want to be with you.
- Your baby may be uncertain around new people.
- Your baby is becoming more independent and may seem stubborn or frustrated when they can't do something for themselves.
- Your baby needs to feel secure to express their needs and to respond to the needs of others.
- They show you that they know how other people are feeling by smiling back at you when you smile at them, or becoming upset when they hear another child cry.

Helpful hints

Offer me choices whenever possible, for example, when deciding which toys to play with.

I can use noises, words, pointing or touch to start a conversation with you.

Play on the floor with me every day.

Let me have my comforter or special toy when I am feeling sad or tired.



I like to find my nose, eyes or tummy when you play games with me or sing songs like Round and round the garden.

I need help when meeting new people and visiting new places.

Encourage me to feed myself and don't make a fuss when I make a mess.

Don't Forget!

Regular praise and encouragement is very important to your child's wellbeing and self-esteem. Praising your child when they do something positive, encourages the behaviour you want.

Routines and being consistent in your expectations can help your child to feel safe and secure in their environment.

The ideas in this leaflet will help you and your child to enjoy play together; supporting their independence and social skills. They will help your child to develop their resilience and self-esteem. Having opportunities to achieve or learn from mistakes safely is vital for your child's development.

It is important to remember that children grow and develop at different times and speeds. Further information to help you understand how your child is developing, including what to expect during their first five years, can be found by searching online for the guide What to expect, when?

If you ever feel unsure, or have any concerns or questions about your child's wellbeing and development, please contact your Health Visitor, Early Years Setting or any other relevant professional involved with your child.

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