

# Growth & Development

## 8 Month to 12 Month

### PHYSICAL SKILLS

- Gets to sitting position without help
- Crawls forward on belly
- Assumes hands-and-knees positions
- Gets from sitting to crawling position
- Pulls self up to stand
- Walks holding on to furniture

### SOCIAL SKILLS

- Shy or anxious with strangers
- Cries when parents leave
- Enjoys imitating people in play
- Prefers certain people and toys
- Tests parental response
- Finger-feeds himself

### COGNITIVE THINKING

- Explores objects in different ways
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly

### 1) LANGUAGE DEVELOPMENT: 8 TO 12 MONTHS



*Quality Care within Reach...*

Toward the end of the first year, your baby will begin to communicate what she wants by pointing, crawling, or gesturing toward her target. She'll also imitate many of the gestures she sees adults make as they talk. This nonverbal communication is only a temporary measure, however, while she learns how to phrase her messages in words.

Do you notice the coos, gurgles, and screeches of earlier months now giving way to recognizable syllables, such as "ba," "da," "ga," and "ma"? Your child may even stumble on words such as "mama" and "bye-bye" quite accidentally, and when you get excited she'll realize she's said something meaningful. Before long she'll start using "mama" to summon you or attract your

attention. At this age, she may also say “mama” throughout the day just to practice saying the word. Ultimately, however, she’ll use words only when she wants to communicate their meanings.

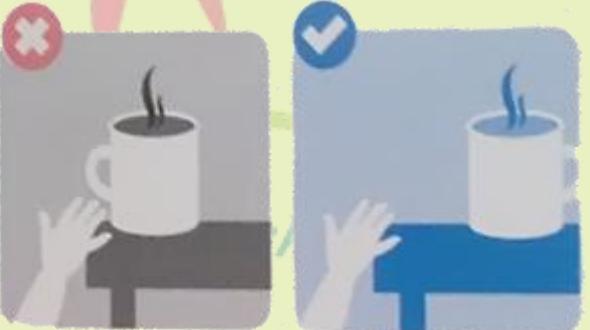
Even though you’ve been talking to your baby from birth, she now understands more language, and thus your conversations will take on new significance. Before she can say many, if any, words, she’ll probably be comprehending more than you suspect. For example, watch how she responds when you mention a favorite toy across the room. If she looks toward it, she’s telling you she understands. To help her increase her understanding, keep talking to her as much as possible. Tell her what’s happening around her, particularly as you bathe, change, and feed her. Make your language simple and specific: “I’m drying you with the big blue towel. How soft it feels!” Verbally label familiar toys and objects for her, and try to be as consistent as possible— that is, if you call the family pet a cat today, don’t call it a kitty tomorrow.

Picture books can enhance this entire process by reinforcing her budding understanding that everything has a name. Choose books with large board, cloth, or vinyl pages that she can turn herself. Also look for simple but colorful illustrations of things your child will recognize.

Whether you’re reading or talking to her, give her plenty of opportunities to join in. Ask questions and wait for a response. Or let her take the lead. If she says “Gaagaagaa,” repeat it back and see what she does. Yes, these exchanges may seem meaningless, but they tell your baby that communication is two-way and that she’s a welcome participant. Paying attention to what she says also will help you identify the words she understands and make it more likely that you’ll recognize her first spoken words.

There’s a tremendous variance in the age at which children begin to say recognizable words. Some have a vocabulary of two to three words by their first birthday. More likely, your baby’s speech at twelve months will consist of a sort of gibberish that has the tones and variations of intelligible speech. As long as she’s experimenting with sounds that vary in intensity, pitch, and quality, she’s getting ready to talk. The more you respond to her as if she were speaking, the more you’ll stimulate her urge to communicate.

## 2) HOME SAFTY MEASURES

	
<p><b>DON'T</b> allow children to burn fire –crackers unless an adult is present. Don't allow children to handle matches or lighters.</p> <p><b>Do teach them dangers of playing with fire.</b></p>	<p><b>DON'T</b> place utensils with hot liquids near the edge of the table .Don't keep stove handles jutting out within reach of children.</p> <p><b>DO keep all containers of hot fluid out of children.</b></p>



**DON'T** leave a hot iron unattended, with cord hanging .a child may pull it down on top of himself.

**Switch off and store the iron away with the cord coiled up when you have finished ironing.**



**DON'T** pour hot water into a bucket and leave your child alone with it ,even for a minute.he way think it's ready for his bath, and get fatally scalded as a result.

**DO** fill the basin with cold water first , then add in the hot water for mixing into a warm bath.



**DON'T** keep medicine in containers which can be easily uncapped by children. Colorful tablets could be mistaken for sweets.

**DO** keep medicine in child proof bottles and containers and under lock and key.



**DON'T** use pest control chemical (e.g mosquito , mats ) carelessly .a child could be poisoned if he swallows some.

**DO** put such chemicals in places away from children's inquisitive eye.



**DON'T** let children play near pools, drains, and streams; they might fall in and drown.

**DO** ensure that they are always free of any imminent danger. **DO** give children swimming



**DON'T** expose empty wall sockets which your child could tamper with. it is best not to allow them to play near plug points.



<p>lessons which will be of benefit to them in the long run.</p>	<p><b>DO</b> put safety caps on all unused electric outlets and switch off when not in use .cover up any electrical points with heavy furniture to be out of reach of children.</p>
  <p>DON'T give breakable toys to your child .your child could get badly cut.</p> <p><b>DO</b> give sensible toys that are appropriate to your child age.</p>	

**ACCIDENT PREVENTION**

Accident is measure cause of injuries and death all over the world . most are preventable .let us reduce them by following rules like child car seat, Helmets ,Speed breakers ,window guards parents must accompany the child till years of age with due precautions to prevent the accidents.

