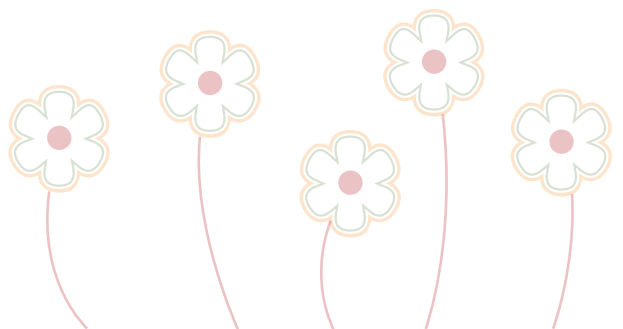
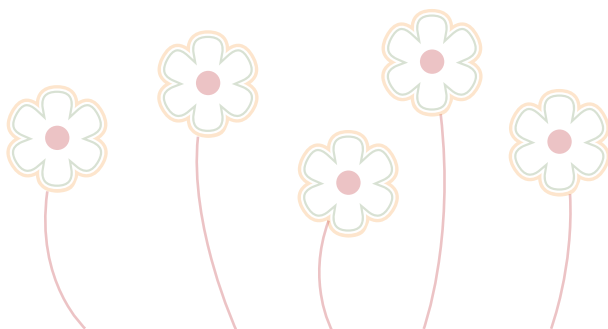


# 12 to 15 Months: Growing Up

## Lesson T1.2





# 12 to 15 Months: Growing Up

## Lesson T1.2

### Lesson Instructions

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#### Published by:

The Heritage House '76, Inc.  
919 So. Main St.  
Snowflake, AZ 85937  
800-858-3040  
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The love and trust in those eyes is every mom's reward for all her patience and understanding.

**Suitable for:** Any client.

**Time Frame:** Any time baby is between nine and fifteen months old.

**Lesson Objective:** To help your client understand the developmental traits of a 12- to 15-month-old child.

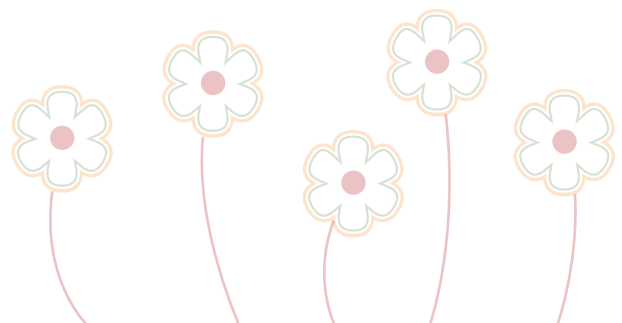
**Instructions:** Read the discussion sheet with your client. Copy the DVD worksheet and give to the client. Show the DVD, *Understanding your Newborn & Infant, Age Groups: 12 months*. Go over the DVD worksheet with your client.

**\* Questions to discuss with your client are bolded and italicized.**

**Homework:** Copy homework pages and give to her with the brochures *Car Seat Safety and Routines*.

**Supplies: DVD:** *Understanding Your Newborn and Infant*; Brochures: *Car Seat Safety and Routines*.

**Note:** You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



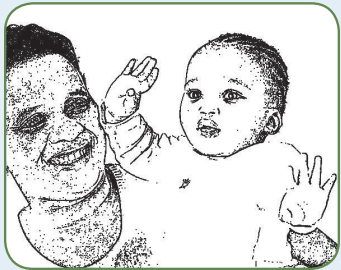
# 12 to 15 Months: Growing Up

## Lesson T1.2

### Discussion Sheet, Page 1

#### Your Little Baby's Growing Up!

As he masters walking and begins to talk, your toddler is also learning about feelings. He will be very interested in how you respond to him. He'll be sensitive to your facial expressions, your tone of voice, and whether you seem tense or not. He is learning cues that will help him develop good social skills as he gets older.



This little guy is waving, "Hello" to days filled with new skills, new words, and new adventures.



#### Busy Hands

During this stage, the mind says to the hands, "Touch and explore everything you can get your hands on," and now he has a brand-new way to get him where he wants to be. One thing to keep in mind is that it really does little good to continually say "no touch." He won't remember anyway. His brain has limited capacity to store information for long periods. This is why you feel sometimes that even though you have removed him from the door that will knock him over if opened many times, he still stands in front of doors, or touches outlets, or grabs the cat's tail, etc. It is also why he is able to switch from one activity to another with ease. For the next three months, managing his behavior involves distraction techniques. Follow him around the house and encourage safe things to touch. Describe the objects such as soft teddy, blue ball, etc. If you see him heading for an electric cord, quickly substitute with something else he can touch. Remove everything breakable or unsafe to higher heights.

#### Label His World

Your toddler is putting so much effort into walking, that he will seem to understand a lot and say little. This is perfectly normal, but it is important for you to be constantly talking to him and labeling his world. Words make thinking easier and soon he will connect what he hears to what he sees.

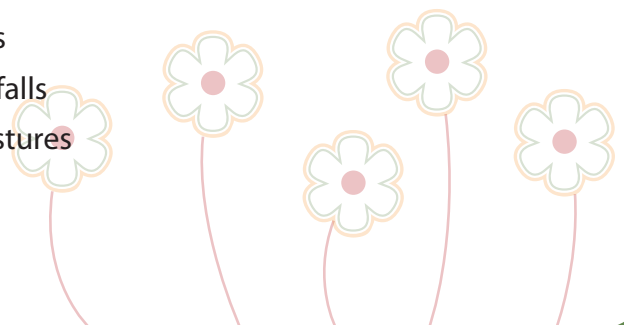
#### Sleep

Not getting enough sleep is often the cause of a toddler's behavior problems during the day. Between 12 and 15 months, your toddler needs an average of eleven and one-half hours sleep during the night and two daytime naps totaling a little over two hours. It is a good idea to start to get into a routine of putting your child to bed at the same time each night. After dinner, story, bed, and prayer is a calming pattern and your child will begin to understand the sequence means sleep.

#### Master Skills by Month

##### 12 months

- Imitates others' activities
- Beginning steps, lots of falls
- Indicates wants with gestures



# 12 to 15 Months: Growing Up

## Lesson T1.2

### Discussion Sheet, Page 2

#### Sufficient for the Day ...\*

There are measurements (called “milestones”) you can apply to your child’s growth. You’ll find he reaches some early and others late. The timing is of no consequence. What’s important is that he shows continuing progress – a little today, a little tomorrow. Don’t be impatient for him to grow up. He’ll be grown and launched upon his own path before you know it.

*\*Matthew 6:34*



With a helping hand, he’ll grow into those jeans ... and into the world around him. All too soon.

#### 13 months

- Uses two words skillfully (“hi” and “bye”)
- Bends over and picks up an object

#### 14 months

- Eats with fingers
- Empties containers of contents
- Imitates others

#### 15 months

- Plays with ball
- Uses three words regularly
- Walks backward

You can expect your baby to be advanced in some milestones and behind in others. When a child reaches a milestone is not as important as continual progression. Be careful not to compare your baby with other children. Your baby is an individual and the age at which children reach a particular milestone can range widely. The following development list will help you understand what your baby might be capable of at each stage of his development. Don’t be alarmed if your baby is not meeting every single milestone on the list, but definitely watch for a pattern and talk to your health-care provider about any concerns you may have.

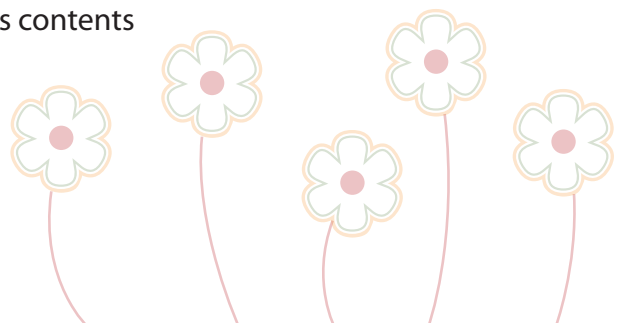
### 12- to 15-Month Developmental Milestones

#### Big Body Movements

- Walks alone; crawls; squats
- Backs down stairs
- Tries to climb out of high chair, crib

#### Fine Movements

- Uses spoon and fork, toothbrush, hairbrush
- Opens cabinets; removes contents
- Throws ball
- Helps in dressing
- Feeds self



### Discussion Sheet, Page 3

#### Try, Try, Try, and Try Again

Children are naturally curious and need to experience new things for themselves in order to understand them. They use all their senses – seeing, listening, tasting, feeling, and smelling – to familiarize themselves with the world around them. Sadly, their curiosity is not matched by their memory, so they must see and taste and feel and listen and smell many times before they truly assimilate their surroundings.

### Speech and Social Development

- Says four to six words
- Says “no”; shakes head
- Asks for help by pointing, some sounds
- Recognizes names and points to people
- Understands and follows one-step directions (“lie down,” “gentle touch”)
- Laughs

### Games to play with your 12- to 15-month-old

Children learn through play. Playtime helps nurture creativity, helps them develop self-confidence, and fosters physical, mental, and social development. Children at this age like games with big motion. Your child needs guidance from you on how to play. You can show him how a toy works and then let him explore it his own way.

#### Crawling Games

Get down on the floor and start crawling around. Encourage your baby to follow along. Next follow the baby. Play peek-a-boo as you crawl around the corner. Play a game of tag and hug baby when you catch him.

#### Let’s Face It

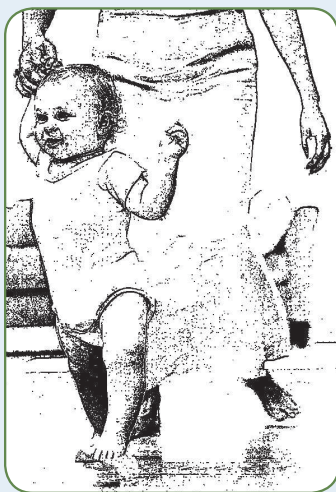
Sit your baby facing you. Choose a time when he is quiet and can sit still for a moment. Touch each part of your face and tell him the name of that part. Next touch your baby’s facial features and name them. Then ask, “Where is my nose?” Let him touch your nose.

#### Kitchen Play

Set up a cupboard in the kitchen where your baby can play safely. Plastic containers with lids, pots and pans, wooden spoons, muffin tins, and measuring spoons are fun objects for him to play with.

#### Nesting Toys

These toys can be bought at a toy store or use measuring cups. First give the baby only two to fit together and then add a third and a fourth and even a fifth. Show him how to fit the smaller cup inside the bigger cup.



“Come on, Mom! Let’s see what’s over there!” She’ll be in a hurry. Encourage her to take her time.

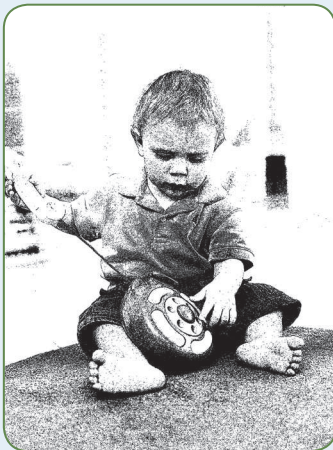




### Discussion Sheet, Page 4

#### Gettin' Down to It!

Certainly, there are lots of appropriate toys for children of any age, but exercising their imagination with games the two of you can play together is both fun and important. Playtime helps nurture creativity, self-confidence, and mental and social development. Show him how to play, then stand aside and let him explore his own way.



A new toy can occupy his mind and hands in total concentration ... for a little while at least.

#### Feed the Birds

Set up a birdfeeder outside a window and let your baby watch the birds in the morning as they come to feed.

#### Tunnel Time

Take a large box and open both ends. Have your baby crawl through the tunnel.

#### Highchair Art

Let your baby paint with whipped cream or pudding on his highchair tray.

#### Telephone Talk

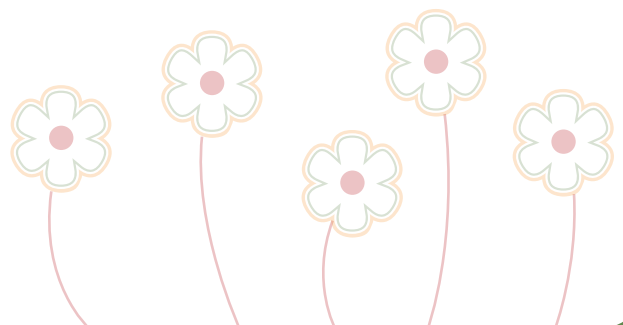
Using a play telephone or an old phone, hold the phone to your ear and say, "Hello, is (baby's name) there?" Then say, "Baby, it's for you." Hand him the phone. Let him talk. Babies also like mimicking animal sounds.

#### Push Toys

Babies like pushing and pulling toys while walking.

#### Balls

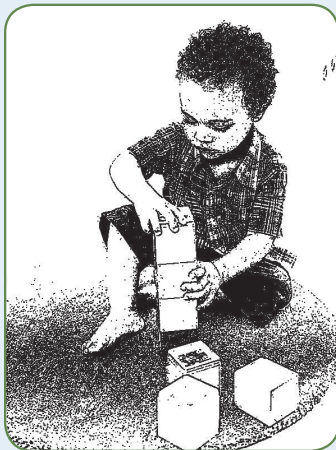
Your baby will love to throw and chase balls. In fact, "ball" may even become one of his first words.



### DVD Worksheet

#### Make His Play Area Safe!

Worried your child will damage things in the home, or hurt himself falling against sharp edges? Relieve your concerns by moving breakables out of his reach and by removing dangerous objects to another room. Your little guy won't be clumsy and awkward forever. When he's old enough to be trusted with those objects of concern, you can move them back.



Eye-hand coordination and physical dexterity are two results to be gained from playtime.

#### Two-Minute Baby

1. The DVD says not to be afraid of saying no to help you begin to set limits. Do you remember from the lesson why saying no will not really have an effect on your toddler at this age?
2. Is your baby being naughty when he throws things on the floor?
3. Is it normal for some children to not take their first steps until fifteen or eighteen months?
4. Ease your anxiety by moving dangerous or valuable objects away from your baby's reach. Then let your baby go \_\_\_\_\_.

#### Simply Playing

5. What is an activity you can do with your baby to teach him new words?
6. A favorite activity for a one-year-old is casting, picking up and dropping items. Will they grow out of this game?

#### Safe and Sound

7. Why do you need to get on your hands and knees and crawl around when baby-proofing?
8. Cover all electrical \_\_\_\_\_.
9. Add \_\_\_\_\_ to furniture with sharp edges.
10. True or False: In general, always try to stay one step ahead of your toddler. Be consistent and be firm when your child's safety is at risk.

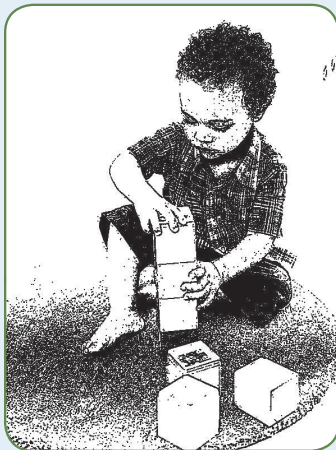




### DVD Worksheet Key

#### Make His Play Area Safe!

Worried your child will damage things in the home, or hurt himself falling against sharp edges? Relieve your concerns by moving breakables out of his reach and by removing dangerous objects to another room. Your little guy won't be clumsy and awkward forever. When he's old enough to be trusted with those objects of concern, you can move them back.



Eye-hand coordination and physical dexterity are two results to be gained from playtime.

#### Two-Minute Baby

1. The DVD says not to be afraid of saying no to help you begin to set limits. Do you remember from the lesson why saying no will not really have an effect on your toddler at this age?

***His brain has limited capacity to store information for long periods.***

2. Is your baby being naughty when he throws things on the floor?

**No**

3. Is it normal for some children to not take their first steps until fifteen or eighteen months?

**Yes**

4. Ease your anxiety by moving dangerous or valuable objects away from your baby's reach. Then let your baby go ***explore***.

#### Simply Playing

5. What is an activity you can do with your baby to teach him new words?

***Read board books.***

6. A favorite activity for a one-year-old is casting, picking up and dropping items. Will they grow out of this game?

**Yes**

#### Safe and Sound

7. Why do you need to get on your hands and knees and crawl around when baby-proofing?

***So that you can see what your baby sees***

8. Cover all electrical ***outlets***.

9. Add ***bumpers*** to furniture with sharp edges.

10. True or False: In general, always try to stay one step ahead of your toddler. Be consistent and be firm when your child's safety is at risk.

**True**

# 12 to 15 Months: Growing Up

## Lesson T1.2

### Homework

#### She's Curious, Not Focused!

It does no good to say, "No." She forgets. She has a short attention span and little capacity for storing information. So, she is intrigued with the same things over and over again ... but only for short stretches. Follow her around, substitute her things for the things of yours that you're worried about – a teddy bear for that vase, some blocks for Daddy's bowling ball. You get the idea.



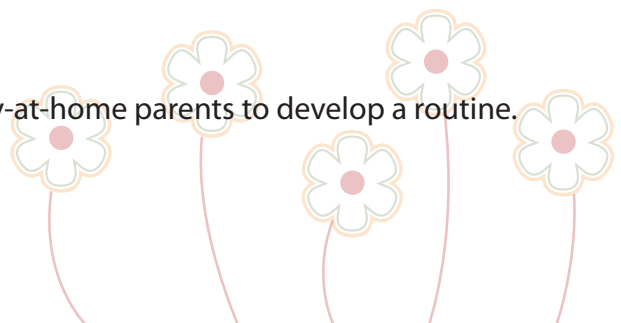
Show him you love him! You'll teach him he can trust you, and you'll both have lots of fun.

The first brochure you received is called Car Seat Safety. Right around this time, as your baby celebrates his first birthday. Keep your child rear facing as long as possible. It is the best way to keep him/her safe. Use the checklist to ensure that your new car seat is installed properly.

Pay special attention that your harness straps are at or above your child's shoulder in a forward-facing seat and that the retainer clip is at armpit level. You may also ask your client advocate to review the car seat lesson with you again. You can also call your local fire department and ask them if they are able to have your installation checked by a certified car seat technician.

The second brochure you received is called Routines. Read the brochure and answer the following questions.

1. Is your child an early riser or does he prefer to sleep late?
2. Why do toddlers need a routine?
3. Name five benefits of a routine.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
4. How should you begin a routine?
5. True/False: If you are a working parent, you should learn your child's childcare routine and try to follow it at home on the days when he is not attending childcare.
6. True/False: It's easier for stay-at-home parents to develop a routine.



# 12 to 15 Months: Growing Up

## Lesson T1.2

### Homework Key

#### She's Curious, Not Focused!

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The second brochure you received is called Routines. Read the brochure and answer the following questions.

1. Is your child an early riser or does he prefer to sleep late?

**Answers will vary.**

2. Why do toddlers need a routine?

**Answers will vary, but will include: a lot is changing in his world; he needs a predictable sequence that allows him to explore his world without worry, etc.**

3. Name five benefits of a routine

- a. **Gains confidence**
- b. **Falls asleep faster and stays asleep longer**
- c. **Is more flexible**
- d. **Is less anxious; has fewer meltdowns**
- e. **Provides breaks for parent**

4. How should you begin a routine?

**Read your child's cues and build a routine around them.**

5. True/False: If you are a working parent, you should learn your child's childcare routine and try to follow it at home on the days when he is not attending childcare.

**True**

6. True/False: It's easier for stay-at-home parents to develop a routine.

**False**