

Nine - Twelve Months

This brochure looks at the 'normal' developmental milestones of your child & ways to promote their development through play. Remember all children are different, and develop at varying paces. Consult your child health nurse if you have concerns.

Development	
Physically (motor)...	Intellectually (cognitive)...
<ul style="list-style-type: none"> ◆ Able to sit unsupported and reach without losing balance ◆ May be able to crawl on all fours ◆ Stands alone with support and uses furniture for support when walking ◆ Drinks from a cup & able to chew ◆ Removes lids from containers 	<ul style="list-style-type: none"> ◆ Can solve problems through trial & error ◆ Curious about small openings, objects, switches etc ◆ Understands 'no'
Socially & emotionally...	Creatively (communication)...
<ul style="list-style-type: none"> ◆ Shows distress if toy is taken away ◆ Develops sense of trust / strong attachment to primary caregivers ◆ Development of fear of strangers & being separated from parents 	<ul style="list-style-type: none"> ◆ First words may appear ~ 12 month mark ◆ Waves goodbye ◆ Love to babble for their own amusement ◆ Indicate their needs by pointing
Common 'normal' problems	
<ul style="list-style-type: none"> ◆ 'Spoilt' or fussy eater ◆ Puts smaller objects in mouth, thus need to be carefully watched 	




Importance of play

Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

Activity	Materials you need	What to do and how to do it
CLIMBING	Safe & sturdy objects (chairs, small stools or tables)	Let your child explore, test their abilities by crawling & climbing on objects. Remember, keep a close watch!
SMELLING FRAGRANCES	Various fragrances (lavender, soap, creams)	Let your child smell different fragrances (hold flowers to their nose); name them as you go along.
SIZES	Different size boxes, balls, etc.	Play with your child, showing them BIG and SMALL ; fitting the smaller boxes inside the larger boxes, etc.
NOISEMAKERS	Cardboard boxes, sticky-tape, rice, empty milk containers & bottle-caps	Fill the boxes and containers with rice or milk-bottle caps; seal the lids with sticky-tape. Your child will enjoy shaking the toy around and hearing the different sounds.
COMMUNICATION		Echo games, rhymes and songs; make sounds/words, and encourage your child to echo / mimic them.
FLOOR PLAY	Balls, toy phones, egg cartons, stuffed animals, basic puzzles, blocks, musical instruments, etc	Have a box of toys on the floor space where your child can access them and enjoy!
MOTOR SKILLS	Muffin tray, small balls	Show your child how to place the balls into the muffin tin, and then take them out; encourage them to try!
READING	Various books, especially ones that are bright and durable	Read to your child everyday; they love repetition, so it's fine to read the same book over again.