



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

### EXPLORING, INTERACTING AND IMITATING

Play Idea		How does it help my baby?
<p><b>Play with house hold items</b></p> 	<p><b>Play with boxes and paper</b></p> 	<p><b>Helping my baby learn through exploring daily items.</b></p> <ul style="list-style-type: none"> <li>• Developing pretend play</li> <li>• Imitating parents and siblings</li> <li>• Using two hands together to explore objects of different shapes and sizes</li> <li>• Solving problems during play</li> </ul>
<p><b>Building Blocks and Stacking Cups</b></p> 	<p><b>Shape Sorters</b></p> 	<p><b>Helping my baby using his/her hands to learn.</b></p> <ul style="list-style-type: none"> <li>• Using two hands.</li> <li>• Working on grasp and release.</li> <li>• Pulling things apart and pushing them back together.</li> <li>• Understanding shapes.</li> <li>• Understanding new concepts                             <ul style="list-style-type: none"> <li>○ Building and putting things on top</li> <li>○ Putting objects into containers</li> <li>○ How things fit together.</li> </ul> </li> </ul>
<p><b>Insert Puzzles</b></p> 	<p><b>Cups and spoons</b></p> 	
<p><b>Pop up toys</b></p> 		<p><b>Helping my baby learn by doing</b></p> <ul style="list-style-type: none"> <li>• Pressing, turning, closing things</li> <li>• Poking fingers in holes</li> <li>• Beginning to understand cause and effect</li> </ul>
<p><b>Books</b></p> 		<p><b>Helping my baby build his/her language</b></p> <ul style="list-style-type: none"> <li>• Pointing with index finger</li> <li>• Pointing to what he or she wants</li> <li>• Turning pages</li> <li>• Building shared attention and concentration</li> <li>• Imitating first words like “duck” and “ball”</li> </ul>
<p><b>Baby Walkers</b></p> 		<p><b>Helping my baby getting ready to walk</b></p> <ul style="list-style-type: none"> <li>• Standing and taking steps with support</li> <li>• If you use a baby walker choose a push along walker rather than one your baby sits in.</li> </ul>

**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; encourage your baby to pull up to stand

**Practice new gestures while playing**



- Practice together waving, clapping, pointing, shaking head for “yes” and “no”. These help with the ability to communicate, understand and respond to language

**Practice Turn Taking**



Roll a ball back and forth. Read to you baby letting them take turns interacting with the pictures and/or turning the pages.

**Remember the importance of...**

**Swapping toys around**



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”, “here is your 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.

**Avoid “Sit-in” baby Walkers**



They may delay walking and can be dangerous. Some baby walkers may tip over causing your baby to fall out

**Continue to avoid screen time**



Note: when the TV is on in the room parents may talk less to their baby. Less talking means less learning. 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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