

BASICS INSIGHTS

12 MONTHS

Science-based facts and suggested activities to boost your 12-month-old's brain development and learning!

FACT Your child may enjoy scribbling with a crayon or chalk and seeing that they can make colorful marks on the page. This also gets their hand muscles ready for writing and drawing.

TRY THIS

- Give them crayons and paper, or some chalk to mark up the sidewalk.
- Talk to them about the colors they're using.



**Explore
Through
Movement
and Play**

FACT With a growing toddler, you may find yourself saying, "No" or "Stop that!" a lot. Being specific about what you want them to do can help both of you avoid frustration.

TRY THIS

- Instead of just saying, "Stop!" tell your toddler what to do in simple language. For example, if they are banging something say, "No hitting the table; hit the pillow."
- You are helping them learn which decisions to make in the future.



**Maximize Love,
Manage Stress**

FACT Your child is interested in the tasks you do at home and may want to participate. Joining in makes them feel valued and important and helps them learn about the steps involved.

TRY THIS

- Invite your child to help out. Limit your instructions to 2 words so they can follow along and be successful.
- Express how happy you are to have such a great helper.



**Maximize Love,
Manage Stress**

The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



Maximize Love, Manage Stress

Children thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to show your love. You will help them develop a sense of security and self-control.



Talk, Sing, and Point

Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and point to help them know what you are talking about.



Count, Group, and Compare

Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



Explore Through Movement and Play

Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



Read and Discuss Stories

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



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