

# Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Look in every open door (cupboards and closets)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clap along while you sing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk while holding onto the couch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Push riding toys instead of sitting on them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put toys in containers and dump them out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bang toys together to make noise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Help Me Grow

## EXPLORE AND DISCOVER TOGETHER:

- Talk out loud about what you are thinking and engage your child in the conversation.
- Finger-paint together.
- Explore the world. Walk around the room and point to different objects as you say their names.
- Help your child point to his or her head, eyes, nose, etc. as you say each word.

## PROMOTE INDEPENDENCY:

- Let your child make choices between two items. "Do you want the red cup or the blue cup for your milk?"
- To prevent frustration, encourage your child to point to things he or she wants.
- Keep your little explorer safe by childproofing your home with safety gadgets.

## SPEND TIME WITH YOUR CHILD:

- Play with musical toys.
- Look at picture books together and point to the objects as you say the words.
- Sing silly songs and rhymes (Row, Row, Row Your Boat or The Wheels on the Bus).

## SAFETY NOTE – CHILDPROOF YOUR HOME

- Put protectors on sharp corners to prevent unwanted bumps and bruises.
- Keep cupboards and drawers locked with safety locks to hinder your child's "what's in here curiosity" from becoming an accident.

## YOUR 12-15 MONTH OLD MAY:

- Babble or jabber with sounds like "da", "ma", "ba" or start to say his or her first words.
- Pull up to stand next to low furniture.
- Stand without help or take short steps.

## DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 15 month old child:

- Does not stand unsupported.
- Does not crawl or scoot.
- Does not respond or look at you when spoken to.
- Does not reach for or pick up toys.

Resources: Centers for Disease Control and Prevention and the American Academy of Pediatrics: The Bright Futures Guidelines

## KEEP ME SAFE

# THE MIGHTY MOVER

At this age, childproofing your home will help prevent injuries. But where do you start?

Stop by the Sanford Children's Safety Center to get personalized tips and safety items for your home.

SANFORD CHILDREN'S SAFETY CENTER | CHILD SERVICES  
 1115 W. 41ST STREET | SIOUX FALLS, SD | (605) 312-8370  
[SANFORDHEALTH.ORG/SERVICES/SAFETYCENTER](http://SANFORDHEALTH.ORG/SERVICES/SAFETYCENTER)

[ SANFORD CHILDREN'S SAFETY CENTER ]



Watch me  
learn...  
responsibility.

At my age...  
it's about  
picking up  
my toys.

## Too Early for Temper Tantrums?

At this age, your child's mobility begins to greatly increase along with his curiosity. However, your child can likely not go as fast as he wants to go without tripping, can't reach what he wants and for safety reasons, can't do what he wants to do. This all adds up to feelings of frustration; which comes out in what is known as temper tantrums.

So how do you support your child's growing independency and curiosity while providing positive discipline for the emotional outbursts? Here are a few tips to help calm your child down and quiet the tantrums in your home:

- **Prevent the tantrum:** Childproof your home. Keep things your child cannot play with out of sight and out of reach.
- **Stay calm:** Shouting at your child will likely only make the tantrum worse.
- **Ignore minor bursts of anger:** Sometimes your child wants you to give in and allow her to have her way. Ignoring the crying sends a message of "I am not going to give you what you want."

- **Discipline for hitting or throwing things:** Say firmly, "No hitting. Hitting is not okay" or "No throwing" to make sure your child knows these behaviors are not okay.
- **Don't reward the tantrum behavior:** Do not give in to your child just to stop a tantrum. This teaches your child that temper tantrums get her what she wants.

Knowing your child's temperament will help you minimize your child's stress and tantrums. Learn more about your child's temperament by simply filling out a temperament questionnaire. Family Life Specialists are also available to discuss your child's temperament and give you personalized tips on how to minimize your child's tantrums. Call (605) 328-7155 or email [mutchwomenscenter@sanfordhealth.org](mailto:mutchwomenscenter@sanfordhealth.org) for more information.

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HEALTH