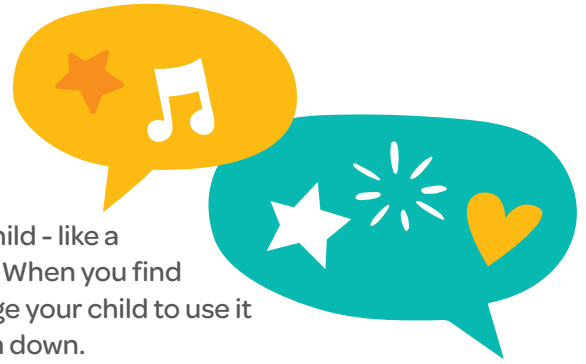


# 12 Month Visit



## Comfort

Find new ways to soothe your child - like a blanket, toy or even a silly song. When you find something that works, encourage your child to use it over and over again to help calm down.

## Expand

Celebrate every word or sound your child makes and add to it! If they say “bah bah,” you can answer with “yes that’s your bottle and it’s big!” This helps them to learn even more words.

## Unplug

Since you want to teach your child to use words to communicate, try limiting the pacifier to the crib. This lets children practice new words and new ways to calm down during the day.

## Memory

Look for signs that your baby’s memory is growing –do they get their shoes when they hear you say “let’s go outside?” They understand and remember much more than they can say, and they are watching you and the world around them!

## Sign

Conversations don’t just have to be with words. You can use your hands to tell a story too and connect movement with language!

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### Hand Talk

Show your child how to tell you they’re feeling hungry by touching their hand to their mouth or rubbing their belly. If you do this over and over and then give them food while saying the word “hungry,” they will pick up the symbol and learn to talk to you with their hands.

**Suggested Age**

Vroom is not a diagnostic tool. For more info ask your child’s doctor.

**0 -18 months**

### Brainy Background™



Children can express themselves with their hands (for example, by pointing) long before they can use words. Helping them learn to use “Hand Talk,” will help them learn to communicate with words in the future.

#1026

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