

Your baby is on the move. They may move away from you as they feel more confident. Your baby still needs you nearby! You are and always will be their safe spot in the big world.

Things to Try

Keep a home routine for eating, sleeping, diapering and playtime. Talk to your baby about what will be next. This will help them feel secure.



**12
months**

Sit with your baby and roll a ball back and forth. Clap your hands and smile when your baby pushes or “catches” the ball with their hands.

Let your baby have choices about foods, clothing and toys. They will enjoy making choices.

What to Expect

Your baby may have fears such as fear of falling, darkness, loud sounds or changes in routines.

Your baby responds differently to strangers than with family members.

Your baby wants you in their site all the time. They may get upset when you leave them with someone else.