



How To Look After Your 6-12 Months Baby (Loving Your Children Book 3)

Janet Wagner

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Parenting a baby aged 6 - 12 months presents a whole series of new challenges for the first time parent. For parents of their first child, parenting can be a matter of trial and error.

A baby experiences a lot of changes between the ages of 6 to 12 months, developing rapidly both physically and mentally. Parents will also become aware of small changes in their baby's personality.

Parents at this time, according to the book, need to be focused very much on their baby's health and happiness.

The first year of a baby's life makes all sorts of demands upon new parents.

They need a number of qualities to be able to parent well.

Patience is the most important quality. Babies often don't sleep well, they cry and scream, their moods are unpredictable but through all this parents need to stay calm and focused.

A number of things can help with this. Breathing or rather breathing correctly is important. Meditation can help with this, as can yoga and other breathing exercises.

Exercise is also important. New parents must stay healthy and a regular exercise regime helps.

New parents also need to cooperate with each other, arguments increase stress. Take leave from work if you can afford it, take classes about parenting and read to find out more. Remember no parent is perfect, take advice and don't compare yourself with others.

Between 6 - 12 months your baby develops in all sorts of ways. He starts to mature little by little; he laughs more, plays more and loves mess. He can tell the difference between mummy and daddy's voices and recognize colors and figures.

As the book states your baby loves to play now, so play. His motor skills are developing at a great pace. He is now beginning to crawl and will have started teething at around six months. Teething can cause your baby a lot of pain, although this can be reduced with teething rings and Paracetamol.

At between 6 - 12 months your baby can start to be fed on solid food and gradually weaned off milk. It is essential that the food is of a high quality and that his diet is well balanced. His food will, of course, need to be put through a blender. Plenty of fruit and vegetables are needed.

He's a bit young for steak yet!

At 9 months he'll start to begin to recognize words and can be told about different objects.

At 12 months old he'll start to try to talk and begin forming simple words. This could, however, happen at 9 months when more advanced babies start to talk.

It is always important to spend lots of time with your baby but it is vital now. Now your baby is beginning to walk and to talk, it is vital that you spend time reading to them and more time playing with them. This sets the tone for their future education.

So , 6 - 12 months is a key time for your baby and you. Make sure you use it well.

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