

# 12 MONTH VISIT

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## 1 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.

## 2 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.

## 3 UNPLUG

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

## 4 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!

## 5 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! See below to learn why this is important and what you can do.

### Hand Song

Vroom™ Tip: Do you know any songs with hand movements? “Twinkle Twinkle Little Star” or “The Itsy-bitsy Spider?” Try adding them when you sing and see if your child will follow. Be creative, you can also make up hand movements to any song. Have fun!

### Brainy Background

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Using your hands when you sing helps your child pay attention and use self-control to copy you. It also helps your child connect experience and new words. They learn language best from your sing-song voice, and moments like these help you to bond! For more tips like these, download the free app at [www.Vroom.org](http://www.Vroom.org)!