

7 to 12 months

Love and warmth

- ☐ Sharing cuddles, affection and connected moments throughout the day with baby
- ☐ Showing interest in the things baby is interested in
- ☐ Giving baby time to warm up to unfamiliar people and situations
- ☐ Singing, playing and having fun with baby every day
- ☐ Making things right with baby when things haven't gone as you hoped

Talking and listening

- ☐ Paying attention to baby's cues and what they might be communicating
- ☐ Naming baby's emotions so they start to learn the words for how they're feeling
- ☐ Talking about what you're doing, and what baby is doing, so they hear the words that match the actions
- ☐ Having 'conversations' with baby where you pause, listen and respond to their sounds
- ☐ Talking, singing and sharing stories in the languages that are important to you

Guidance and understanding

- ☐ Remembering that baby learns through watching and copying people around them
- ☐ Learning about introducing baby to different kai as they become ready and allowing them safe opportunities to feed themselves
- ☐ Getting to know and understand your baby's individual temperament and noticing what excites, overwhelms and comforts them
- ☐ Asking for advice when you have pātai about baby's stage of development
- ☐ Taking baby for their Well Child Tamariki Ora check at 9 to 12 months

Limits and boundaries

- ☐ Creating safe spaces for baby to move around and explore freely
- ☐ Giving baby safe and interesting things to investigate and explore
- ☐ Having a few family rules to keep baby and precious things safe
- ☐ Moving unsafe or precious things out of reach, so you can say 'yes' more than 'no'
- ☐ Remembering baby is not being naughty when they touch, grab, drop or explore things – they're really keen to learn about everything around them!

Consistency and consequences

- ☐ Staying calm and using simple, consistent words or actions with baby
- ☐ Responding in a calm and predictable way when baby needs you
- ☐ Creating familiar rhythms and routines so baby knows what happens next
- ☐ Staying close, holding and comforting baby if big feelings become overwhelming

Structured and secure world

- ☐ Reassuring baby when they cry if you leave the room or move out of sight
- ☐ Taking baby outside to experience different sights, textures, smells and sounds
- ☐ Helping baby explore but being available if they need reassurance or comfort
- ☐ Make sure furniture, stairs, water, cords, medicines and small objects are safe as baby begins to crawl, pull themselves up and move around
- ☐ Continuing to follow safe sleep and car seat guidance

What feels important to you?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____