

What's Special About Me at this Age?



Character Building

- I remember things. I want to repeat activities I have enjoyed before. I stay interested in events, toys, and other things.
- I begin to interact with others. I play with other children.
- I laugh at things.
- I seek attention. I want to connect socially. I am learning to use relationship names for people.



Communication

- I form words. I copy your words, especially names for objects.
- I have my own vocabulary. Accept my words as I make new sounds. Don't try to correct me.
- I recognize instructions, such as *iitaaq*, *kuumik*, and *haahaa*. I learn to respond to questions you ask me, such as *imirulirangumik*.
- I remember what you tell me. You can ask me to pass an object to you. You can point at something and ask me to say its name.
- I express my needs, such as *amaq*, *iitaaq*, *amaama*, *haahaa*, and *nanganaa*.



Skill Building

- My arms are strong! I grab and climb. I am mobile. I reach things you don't expect me to reach.
- I love to jump. This is making my legs strong.
- I copy actions. I like to play patty cake, *abuu*, and *putujaa*. I like to wave bye-bye.
- I am learning terms for my body parts.
- I can be potty-trained. Boys will pee more often than girls. If I pee often, I will be a good hunter.

Applying Inuit Values

Relationship Building and Helping



Building relationships involves many skills, such as being good to others, sharing, learning to apologize and make amends, showing love, and building strong ties, especially through kinship names.

Teach children to apologize and make amends. We all rely on each other, so children need to learn the importance of always being fair and responsible. Give children many hugs and kisses to teach them to show love.

Teach them about kinship names. Encourage them to build strong relationships through names. Children were taught to be shy with strangers, but to get used to new people with their parent by their side encouraging them.

Helping is an essential part of building life-long, reciprocal relationships. It is important to be good to others so that they will help you when you are in need.

Interaction with siblings helps young children develop this skill. Teach them that their role is to always help each other.

Strongly encourage young children to share everything they are given. Sharing secures relationships and prepares children to be providers.

Inunnguiniq

Childrearing Advice from Inuit Elders

6 to 12 Months



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CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Children and Adolescents with Special Needs

About this Age

At this age, babies are learning about communication, movement, and their safety and security in the world. Relationships are very important now. Babies start to make friends and play with others.

Body contact is very important. At this age, babies like to *tutik* (sleep with their parents). They like to be held a lot. They learn the smells of parents and other close adults. They learn to feel secure around them.

At this age, babies begin to crawl and walk. They have many spills and bumps as they explore movement. Babies learn to walk earlier today than in the past because they get to practice more.

Babies use their body to communicate. For example, a baby might grab your *amauti* to show wanting to go outside. Or, a baby might pull you toward the door. Respond to babies' communications so they learn to trust adults.

This is a critical time in babies' growth and they need good food. Food security and good nutrition now will provide life long health. Babies who don't have food security now will learn to be stressed about food and to hoard or whine.

At this age, babies shouldn't have too many toys and distractions, such as TV. Having too many toys desensitizes children. They could become less observant of unfamiliar experiences and less cautious. Parents should limit TV time, so the TV doesn't become their baby's teacher.

What Parents Can Do

- **Encourage the baby's unique interests.** Observe and encourage what they notice and want. But, don't encourage an interest until the baby identifies it.
- **Introduce many country foods.** They will develop a taste for all kinds of nutritious food.
- **Do not introduce junk foods.** This includes candy, sugar juices and pop. They are bad for baby teeth.
- **Remember, babies need physical closeness.** They will develop a deeper connection with you. Distant parents are less approachable. Don't leave your child in swings or play pens too often.
- **Encourage interaction with close adults.** They will become important in the child's life. Parents, grandparents and other close adults are the baby's first teachers.
- **Have only a few special toys.** Encourage the baby to appreciate them, play with them creatively, and take care of them.
- **Encourage accountability.** Don't be too protective of them. Teach them to resolve conflict with others.
- **Encourage perseverance.** Don't coddle them or show too much concern when they stumble.

Reminders!

- ✓ Make sure the environment is safe. Children learn very quickly at this age. They are very curious and move around a lot.
- ✓ Watch for colds and ear infections. Get treatment right away. Clear the nose and nasal passages.

Parenting Skills to Practice for this Age

- Very young children envy what older siblings can do. When you notice this, tell them they will become capable when they are big. This creates positive expectations. The child will be encouraged and motivated.
- You can help your child develop language skills by speaking to them all the time. You should also repeat the sounds and words they make.
- Encourage them to play with what is around them. Encourage them to explore safe household objects.
- Observe your baby's behavior and preferences. Reflect them back to the baby through nicknames, such as by calling them "the one who likes to climb" or "the one who makes noise."
- Talk about the tastes of new foods. Encourage your baby to try to new foods, especially country foods (a very important source of nutrition)

Tips for Parents

- ✓ **Tip #1: Don't overdress the baby.** They should feel very close or skin-to-skin contact when in the *amauti* or bed. Babies are not comfortable when they are *ipiliq*.
- ✓ **Tip #2: Sing and chant.** This calms babies. They feel secure. Sing songs or family *aqqait* or *pisiit* or chants. Sing *Maksaujau*, a sleeping song, when you want them to go to sleep.