



# ElternMail Berlin

## YOUR CHILD AT 10 - 14 MONTHS OF AGE

Dear Mama, Dear Papa,

The new online edition of ElternMail Berlin is here! This and each subsequent issue consists of 3 e-mails that cover different topics depending on your child's age. This issue is all about **DEVELOPMENT, DEVELOPMENTAL SPURTS, and SLEEPING.**

In the next two months, you will receive two more ElternMails (a preview is available at the end of this ElternMail).



*The ElternMail Team*

### Contents

Introduction .....	1
Your child's development - Learning to crawl, walk, and talk. ....	2
The U6 medical check-up .....	5
Developmental spurt - Week 46 to week 55 .....	5
Your child's sleep .....	7
Support available in Berlin .....	8
Preview and Legal Notice .....	9

### Introduction

Your baby becomes a toddler on their 1st birthday. Do you remember what it was like a year ago? The first skin-to-skin contact after the birth, your arrival at home, the first laugh. So many special moments! It is said that there is magic in every beginning. And now? Yes, it's true: Those magical first moments are not coming back. It can be sad to think about. But another year like the first would be pretty exhausting, wouldn't it? The months with a toddler will also have many new and exciting things in store for you.



# YOUR CHILD'S DEVELOPMENT - LEARNING TO CRAWL, WALK, AND TALK



## Pride and insecurity - Mixed feelings among parents

**“The things my child can do already.”** Honestly: It's a great feeling when your child is developing “properly”. However, as a parent, you can quickly become unsettled if some steps in your child's development are a little slower than others. It's reassuring to know: Many things that parents think of as too late or too slow are often seen by experts as completely normal. No child can learn everything all at once.

It is helpful for both you and your child if you don't compare them with other children. Everyone is unique and over time you will learn more about how to support your child's development and what they need. If you are unsure whether your child's development is healthy, it is better to have another check-up with the doctor.

Children may need extra support if their speech or motor skills are developing more slowly. Not in order to “keep up” with other children, but for the sake of their own development.



## Learning to crawl and walk - The development of motor skills

Your baby will now crawl, move forward from the four-legged position and start to climb, and have a lot of fun crawling up the stairs and climbing on top of things. Playgrounds are also great for climbing and exploring. Let your child explore by crawling and climbing as much as possible. Stay close to your child so that you can help if you need to. When at the playground, do not lift your child onto high play towers or climbing frames until they are able to do so on their own. This way, your child can explore and discover at their own pace.

In addition to crawling, they can now sit and pull themselves up on objects. Sitting can look very different, as there are many variations.

If your child is unsure about an object at first and wants to get back on the floor, don't worry. This is a completely new task for the leg muscles. You can make it easier for your child by sitting behind them and offering your leg as a small stool so that the child has an intermediate step to the floor. There's no need for a “fall backpack” or helmet, but it does take a bit of practice to learn to fall properly.

Your child's physical development will be stimulated by visits to the woods, walks, and activities in the fresh air.

Take advantage of valuable courses such as PEKiP, Pikler, Delfi, or baby and toddler swimming classes (for more information, see the last page).

**Tip:** Cover any hard corners of furniture to help protect your child! Check to see if there are any other dangerous places in the house that your child can reach while standing - for example, the stove. Now is also the right time for window locks, child safety gates, and socket covers.

# YOUR CHILD'S DEVELOPMENT - LEARNING TO CRAWL, WALK, AND TALK

## This is how you can comfort your child when they get hurt:

- Get down to your child's level and hold them in your arms.
- Say in a reassuring voice, for example, "I know you were scared" and "Shh, I'm here."
- Soothe your child, for example, by singing to them, stroking their hair, rocking them. Take a deep breath to keep yourself calm, too.
- **Important:** Please don't try to distract your child from their feelings by saying things like "It's nothing", "It's no big deal" or "Stop crying!". You want to teach your child that it is OK to feel the way they do.

Many new developmental steps can also lead to your child playing new games, so be sure to adapt your child's toys to these new possibilities. You can now place your child in the highchair for meals and use the stroller's seat with confidence. After a few weeks of playing while in a standing position, your child will start to take side steps. They will usually hold on to one object and then shimmy on to the next one. They may even start to stand freely in the room and take a few steps. Some children can walk by the end of their 14th month, whereas others take a little longer. Both are completely normal!



## Good to know: Why being barefoot is important

- Motor development is encouraged naturally through good foot and body awareness.
- The feet muscles are trained.
- The result is the ability to stand in a stable position.
- The immune system is strengthened.
- Feet (barefoot) hardly sweat at all. In fact, even babies can have sweaty feet because all the sweat glands in the foot have already been developed by birth.

## If you are concerned whether your child is developmentally behind

If you notice that your child is moving differently from other children of the same age and you think that their development may be behind, make an appointment to see your paediatrician. You can also use your regular check-ups to discuss any concerns you may have with your paediatrician.

**Tip:** If you're worried about how your child is moving, try filming them occasionally. Feel free to show these to your paediatrician.

If your paediatrician has any concerns, these will be discussed with you, e.g. you may be given a prescription for physiotherapy or be referred to a specialist.

## What happens when your baby starts talking

Your child is now more aware of the meaning of language and seeks to express their needs through facial expressions, pointing, or talking.

Your child will use facial expressions to try to get your attention or to direct your attention to an object. They may already be using their index finger to point at things. If your child uses the words "mummy" or "daddy" mainly when the mother and father are present, these may be your child's first words.



# YOUR CHILD'S DEVELOPMENT - LEARNING TO CRAWL, WALK, AND TALK



## Good to know: When your child starts to talk

Most children say their first words between 12 and 14 months of age. Others take a little longer.

By naming objects, e.g. “ba” (ball), or by formulating demands, e.g. “there”, “more” or “want”, your child can now express their own wishes. You may even hear different intonations when they raise their voice to ask questions, for example “Arm?” if your child wants to be held.

### If your child is growing up with more than one language, consider the following:

1. Each parent should always use the language that he or she speaks best with the child. Parents can, of course, speak to each other in the language of their choice.
2. Stick to one language when talking to your child. Don't mix languages.
3. Your child may become confused and mix up the different languages when learning to talk. That is completely normal. As time goes by, your child will learn to distinguish between the different languages.

### Children learn languages more easily

Certain areas of the brain are more highly interconnected at certain ages and are therefore more receptive to learning. When children are born, they can distinguish and imitate sounds from all languages. As adults, we lose this ability. The early years, up to and including the end of primary school, are particularly important for language development.

### How can you recognize a late talker?

Children who start talking at a very late age are called late talkers. Sometimes it may be caused by delays or disorders in speech development. These can be recognized starting at the 20th to 24th month. For various reasons, speaking may start a little later. Delays are not possible to detect between months 10 to 14.

### Is your child sick a lot? - What impact does this have on speech development?

If your child is often sick or has middle ear infections, these can affect speech development. Children also learn to speak through hearing. And if your child's hearing is affected by an infection, it can be harder to hear properly.

**Tip:** Make a note of when your child gets infections, colds, and middle ear infections. This information is useful for any future visits to the doctor.

### How to support your child

When your child looks at something with interest or points to it, they want you to say what it is. So say the name of the object and start a conversation about it, for example: “The apple. Mmmm, would you like an apple? I'll cut the apple for you.” Looking at and reading picture books together will also help your child's speech development.

### Creating memories: A vocabulary diary

Maybe you could make a list or a little vocabulary diary? Make a note of all the words your child speaks. This will give you an idea of which words your child has already learned and will help you to remember them later on.

The words do not have to sound like the language we use as adults. This is also the time when childish expressions such as “yum yum” have meaning. If your child calls the cat by saying “meow”, pick it up and say: “Meow, yes the cat. The cat meows.”



# THE U6 MEDICAL CHECK-UP

The U6 takes place between the 10th and 12th month of life. Have you already made an appointment with your paediatrician? If not, don't waste any time! Be sure to take your yellow medical check-up booklet and vaccination card with you. The vaccination schedule shows when you will receive advice on the recommended vaccinations.

At the U6, the focus is on detecting any developmental abnormalities. The doctor will carry out a physical examination of your child. The eyes will be examined to detect any possible problems with your child's vision so that they can be treated at an early stage.

Your child's paediatrician will have your child do a range of exercises to check their physical development. If the doctor has any concerns, you will be given the addresses of various specialists and information about treatment options.

## The "U" medical check-ups

- U2 Day 3 to 10
- U3 Weeks 4 to 5
- U4 Months 3 to 4
- U5 Months 6 to 7
- U6 Months 10 to 12**
- U7 Months 21 to 24
- U7a Months 34 to 36
- U8 Months 46 to 48
- U9 Months 60 to 64

## DEVELOPMENTAL SPURTS BETWEEN MONTHS 10 - 14

What is it called? After the spurt is before the next spurt. Sometimes you may wonder how many more spurts are in store for you and your child. A developmental spurt means that your child is taking many new steps in their development.

The good news is that you will have more and more practice and confidence with your child.

At the age of 10 - 14 months, your child will usually experience two developmental spurts. One spurt takes place around the 46th week, at around 10 months of age, and the other usually around the 55th week, around the 1st birthday.

### Developmental spurt - Week 46

- The 7th developmental spurt
- Often starts around week 41 (approx. 9.5 months)
- Usually lasts 5 weeks
- Brings with it many new development steps such as dexterity and speaking

### Facts about the developmental spurt - Week 55

- The 8th developmental spurt and thus the last in the 1st year
- Usually starts around week 51
- Duration: 4 - 5 weeks

In this spurt, the ability to walk slowly starts to develop. Your child will become much more independent by being able to stand and walk. This development marks a profound change. Your child now sees the world from a different perspective. This can be both exciting and frightening. Many children become interested in role playing. This makes stuffed animals, dolls, toy cars, and similar toys exciting to play with in everyday life.



# DEVELOPMENTAL SPURTS BETWEEN MONTHS 10 - 14

## Signs of change

### Restlessness and bad moods

Your child's brain is going through a restructuring process, a kind of “remodelling”. This can be the cause of emotional ups and downs, insecurities, and bad moods in your child. Restlessness may also occur, leading to difficulty sleeping. However, this tends to happen less often than in previous spurts.

### Separation anxiety and clinginess

At first, your child will be very curious. They will want to go off on their own and explore the world. Suddenly you feel like your child only wants to be with you and you can't move a muscle? This is also completely normal. Try to stay calm and give your child the reassurance they need.

### Impatience, whining, and crying

Due to their irritable mood and their increased desire for self-determination (starting from month 6 ), toddlers are often impatient and whine when they don't get what they want. This is because they are not yet able to put themselves in other people's shoes (empathy). They therefore have no understanding of why the people around them may have needs that are different from their own.

### Difficulties eating

You may notice that your child becomes more picky and fussy about food during the 8th developmental spurt. Children often only want to eat certain foods around their first birthday. They may also have a reduced appetite. This can be very stressful, but it usually goes away after a few weeks. Even if your child wants to drink a lot of milk again, it's OK.



## What you can do

- Give your child the reassurance they need, but also space.
- Maintain a good balance between playing and resting.
- If your child doesn't want to be held by other people, that's all right too. **Let your child decide when they are ready to interact with other people.**
- Pay attention to the sleep needs of your child. If it's taking your child longer to fall asleep or if they're having more restless nights, this may be because your child's sleeping needs have changed.



# YOUR CHILD'S SLEEP

Around their first birthday, children will often switch from two naps to one. You will recognize the switch when your child refuses to take a nap.

## How much sleep does your child actually need

- The optimum nap time is usually between 12 noon and 2 pm.
- Children between 10 and 14 months of age often need to be awake for around 10 to 11 hours during the day in order to sleep an age-appropriate amount.
- Your child should be awake for about 4 - 4.5 hours before going to bed at night.
- Children usually only need to breastfeed or bottle feed once or even not at all at night.
- Sleep time during the day: 2 - 3 hours
- Sleep time at night: 10 - 12 hours
- Total sleep day and night: 12 - 14 hours

## Your child moving into their own room

The WHO (World Health Organization) recommends that children sleep in their parents' bedroom during the first year. It is up to you as a mother, father, or couple to plan the transition of your child to their own room. There are a few things to consider if you have decided to move your child into their own room.



## Good to know: Children's beds

It is important that your child can sleep safely. This means that your child cannot fall or get injured. Therefore, make sure that the new bed - if it is not a crib - is level with the floor or secured with a safety rail.

### A bit of warning: No loft beds or bunk beds

Please do not buy or build a loft or bunk bed. Children should not sleep in a bunk bed until they are 6 years old. Before this age, children are not yet able to assess the risk of falling. For this reason, it is not advisable to use such a bed until the child is 6 years old.



## Tips for making the transition from the parent's bedroom to the child's room a loving one

- **Getting used to the new room during the day** Spend time with your child in their new room during the day. This will help your child build trust in their new surroundings. Let your child explore their bed.
- **Time and patience** This will allow your child to get used to the new sleeping environment and get to know it as time goes on. Your child may react by crying and showing that they feel uncomfortable and insecure. It's important that you don't leave them alone with what they're feeling and that you get involved. Be aware that falling asleep may take longer than you are used to. Your child may ask for sleep aids that they are used to, such as being carried. It's perfectly all right. Give your child the time and security they need.
- **First attempt at napping** Put your child to bed in their room during the first nap of the day. It has been shown that children are more likely to want to sleep during the day and that it is easier for them to separate from their parents than in the evening. Therefore, you should start the day by showing your child their new place to sleep.
- **Involve your child** Talk to your child about the new situation. It is important that you yourself are completely convinced that you are doing the right thing. This way, your child will have a greater sense of security and acceptance of the change. Maybe a new soft pillow or cuddly toy can be brought into the new situation as well? Your child may be able to cope better with these so-called transitional objects.



# SUPPORT AVAILABLE IN BERLIN



## **Berliner Familienportal:**

The Berliner Familienportal (family portal) offers a wide range of useful service information on the subject of the family, an events calendar for children, young people and the whole family, and advice on a range of topics such as leisure, finance, single parenting, childcare offerings and so on.

← [www.berlin.de/familie](http://www.berlin.de/familie)



## **Playgrounds and physical activities:**

There are a large number of playgrounds in every district of Berlin. In the winter, the so-called winter playgrounds are a meeting place for playing, running around, and socialising. Berlin also offers a wide range of sports, exercise, and dance activities for children. You can find them here:

← [www.berlin.de/kultur-und-tickets/tipps/kinder/spielplatz](http://www.berlin.de/kultur-und-tickets/tipps/kinder/spielplatz)



← [www.berlin.de/familie/informationen/sport-und-bewegung-fuer-familien-300](http://www.berlin.de/familie/informationen/sport-und-bewegung-fuer-familien-300)



## **Support for developmental problems:**

If you need advice about any developmental problems your child may have, the Kinder- und Jugendgesundheitsdienst (KJGD), the Kinder- und Jugendambulanz (KJA), or the Sozialpädiatrische Zentren (SPZ) are helpful contacts.

The Berliner Familienportal also provides information about support services for children with disabilities or special needs:

← [www.kinderversorgungsnetz-berlin.de/gesundheitsamt](http://www.kinderversorgungsnetz-berlin.de/gesundheitsamt)



← [www.kja-spz-berlin.de](http://www.kja-spz-berlin.de)



← [www.berlin.de/sen/jugend/familie-und-kinder/kindertagesbetreuung/kinder-mit-behinderung](http://www.berlin.de/sen/jugend/familie-und-kinder/kindertagesbetreuung/kinder-mit-behinderung)



## **Preventive check-ups for children:**

Additional information on the “U” medical check-ups and further links can also be found on the Berliner Familienportal:

← [www.berlin.de/familie/informationen/kindervorsorgeuntersuchungen-77](http://www.berlin.de/familie/informationen/kindervorsorgeuntersuchungen-77)



← [www.kindergesundheit-info.de/themen/frueherkennung-u1-u9-und-j1](http://www.kindergesundheit-info.de/themen/frueherkennung-u1-u9-und-j1)



## **Find medical specialists**

Finding appointments with specialists can be difficult. The Terminservicestelle (TSS) of the KV Berlin helps people with statutory health insurance find a doctor and make an appointment. The appointment service of the medical on-call service can be reached by telephone at 116117

← [www.kvberlin.de/fuer-patienten/terminservice](http://www.kvberlin.de/fuer-patienten/terminservice)



## **Growing up multilingual**

You can also find basic information about multilingual parenting on the Berliner Familienportal:

← [www.berlin.de/familie/informationen/mehrsprachige-erziehung-352](http://www.berlin.de/familie/informationen/mehrsprachige-erziehung-352)





## IN GOOD COMPANY FROM THE START

With the **ElternMail Berlin**, the **Senate Department for Education, Youth and Family** aims to support and promote all parents as they embark on family life and in the years that follow. This publication, free to families, is intended to help ensure that mothers and fathers receive helpful information regarding their child's development and find practical tips and advice on supporting services in their area.

### Preview of the 2nd online edition - Months 10 to 14 of your baby's life

1. The 1st birthday - Suddenly my child is no longer a baby
2. Celebrations
3. Your child's diet
4. Media use and parental behaviour



### Legal information

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