

Supporting Your Baby's Emotional Growth: A Tip Sheet for Parents & Caregivers of a 12-Month-Old



Self-Perceived
Confidence

A Series By The Greatest 8™



One Year In: Wobbles, Words, & Wonder



Your child loves trying things on their own – like feeding themselves or stacking blocks. It's exciting, but also messy and tiring. It's tempting to jump in to help or do it yourself. But let them try to do things on their own – and cheer them on! It will help build their confidence and develop important problem-solving skills.



Self-Perceived Confidence

Children must have confidence in their own abilities in order to tackle challenges and learn new skills. As parents & caregivers, we must believe in our child wholeheartedly and cheer them on from the sidelines.

Focus Your Attention on Letting Your Little One Do Things for Themselves

Why It Matters

Children start to believe 'I can do it!' not just by getting things right, but by trying and being supported. When you let them practice, you're helping them feel strong, confident, and ready to take on other new or unfamiliar challenges.

Everyday Moments

What It Looks Like

Your child tries to fit a shaped block into a container. It takes a few tries, but they don't give up. You say, "You're working so hard!" When the block finally fits, they smile with pride. You cheer for them. They're learning to problem-solve – and to keep trying when things are hard.

Simple Ways to Help Your Child Communicate – A Checklist for You!

- ☐ Let your child practice new skills by trying everyday tasks, like using a spoon or fork
- ☐ Cheer on their effort: "You keep trying – that's how we learn!"
- ☐ Celebrate hard work, not just wins: "You really worked hard on that!"
- ☐ Create safe mini-challenges, like hiding a toy under a towel
- ☐ Show new ways to try the same thing – like picking up slippery food
- ☐ Use encouraging words they'll remember: "You've got this!" "It's okay, try again!"

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Communication



Coping and
Resilience



Understanding
Feelings



Problem
Solving



Self-
perceived
Confidence



Conflict
Resolution



Balancing
Emotions



Diversity
Awareness
and Respect

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