



Your Child's Development

This is a really fun time for parents, as 1-year-olds are able to explore the world in new ways and are eager to do things *all by myself!* They watch their loved ones very carefully and copy a lot of what they see. This is one of the most important ways toddlers learn how the world works.

How do you see your child learning from watching you?

What Your Toddler Can Do	What You Can Do
<p>I'm moving!</p> <ul style="list-style-type: none"> • I may walk on my own or by holding your hand. • I am learning to crawl up stairs but can't come down yet. • I can throw a ball and turn pages in books. 	<p>Give your child just enough help to reach his goal. If he wants to stand, let him hold your fingers for balance.</p> <p>Support your child as he practices new skills like climbing stairs. Children need time to work on these new skills...safely!</p> <p>Encourage your child to turn the pages when you read together.</p>
<p>I'm starting to talk and understand so much more.</p> <ul style="list-style-type: none"> • I may use some words like <i>duhduh</i> for <i>dog</i>. • I can show you what I want through my actions. I may bang my high chair when I want more food. • If you ask me to, I can point to a body part or a picture in a book. 	<p>Choose books about things that interest your child like animals or other children.</p> <p>Build your child's vocabulary. If she points to or says <i>bus</i>, you can say: <i>The school bus is driving down the street.</i></p> <p>Name the people, places, and things that your child sees each day: <i>That's a garbage truck taking our trash.</i></p> <p>Play games that involve following directions: <i>Throw the ball to me.</i></p>
<p>I want to do more for myself.</p> <ul style="list-style-type: none"> • I say <i>no</i> or show you in other ways that I want to do things on my own. 	<p>Involve your child in self-help tasks like washing his hands.</p> <p>Follow your child's lead. Let him choose what toys or games to play.</p>
<p>I love to imitate.</p> <ul style="list-style-type: none"> • I copy actions I've seen other people do, like stir a pot or talk on the phone. 	<p>Join in your child's play. If you see her putting a blanket on her toy bear, ask: <i>Does Teddy need a bottle before bed?</i></p> <p>Give her objects to play with that she sees in "real life," like plastic dishes, a toy telephone, a small dust broom.</p>



As you use this resource, remember that your child may develop skills faster or slower than indicated here and still be growing just fine. Talk with your child's health care provider or other trusted professional if you have questions.

Your family's cultural beliefs and values are also important factors that shape your child's development.

For more information on parenting and child development, go to: www.zerotothree.org

What's on Your Mind

My 14-month-old is such a picky eater! Sometimes I worry that she is not eating enough to stay healthy.

Picky eating is very common at this age. Most children are feeding themselves. This means they are able to choose what to eat—or not eat. The key is to avoid turning mealtime into a power struggle. Offer your child three or four healthy food choices that she usually likes at each mealtime (like pieces of turkey and cheese, cooked peas, and some banana). Then let her decide what and how much she wants to eat. Remember, as long as your child seems to enjoy eating and has the energy to play and interact with you, she is probably doing just fine. Be sure to talk to your child's health care provider if you are concerned or have questions.

Did You Know...

The majority of parents (51%) believe that 15-month-olds are able to share? Actually, most children learn to share and take turns between the ages of 2 and 3. Even after that, they need a lot of practice and help with these important social skills.¹

What It Means for You:

Young toddlers can seem like “big kids” in many ways. They understand so much of what they hear and see that it can be easy to expect a lot from them—more than they really can do yet. At 15 months, toddlers do not yet have the self-control necessary to share and take turns. They can't stop themselves from reaching for a favorite toy, even while someone else is playing with it. This is because the part of their brains responsible for

Spotlight on Temperament

Every child is born with his own individual way of approaching the world—this is called his temperament. For example, some children are easygoing about changes. Others react very strongly to what seems like a small change, like new pajamas. Some children are very active. They love to move. Other children prefer to sit and watch the world around them. Some children enjoy new experiences and meeting new people. Others are slower to warm up in new situations. These are all examples of different temperaments.

There is no right or wrong, better or worse temperament. Temperament is not something your child chooses, and it is not something that you created. It's very important for children to be accepted for who they are. Use what you know about your child's temperament to

encourage his strengths and to support him when needed. For example, if your child has a hard time with separations, you can guess that bedtime might be challenging. You can help your child by using the same bedtime routine each night (story, milk, tooth-brushing, and lullaby).

Your temperament matters, too. You might love to meet new people and try new things but your child doesn't. Being aware of this difference is important. It helps you understand how your child's needs may be different from yours. It also helps you learn what to do in order to support and respect your child for who she is.

How would you describe your child's temperament? How do you see her temperament influencing her behavior?

self-control is still developing. But you can begin teaching your child about sharing. Explain the rule: *We are going to take turns with the jack-in-the-box. Derek is going to use it now.* Then help your child focus on another activity while his friend has a turn. Most importantly, stay calm and be patient. Sharing is a skill that comes with time, and with your support and guidance.



Authors: Rebecca Parlakian and Claire Lerner, LCSW, ZERO TO THREE
www.zerotothree.org

Endorsed by:
American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

This handout was made possible by a generous grant from

MetLife Foundation

Copyright 2008 ZERO TO THREE
All rights reserved.
Printed in the United States of America.
ISBN 978-1-934019-28-3

1 - Civitas Initiative, ZERO TO THREE, & BRIO Corporation, 2000.

Photo credit: Eyewire/Babies/Getty Images