

One - Year - Olds

O

OFFER support and help only when a child seems frustrated and unable to do something. Let children try new things without doing it for them. One year olds see other children as objects and like to pull hair. It is usually best to move the child or take by the hand, rather than using your words if the child is in danger or behaving in an unacceptable way.

N

NEW skills are developing rapidly. They like Noise. Singing, pretend games, reading books and talking to your one year old helps make him/her smart.

E

ENCOURAGE the child to begin feeding themselves. Offer spoons and cups with lids. Expect messes.

S

SEPERATING from parents can be very hard. Children may cry and be upset when parents are out of sight. Comfort and reassure children that they are safe and parents will return.

ADULT RESOURCES:

- *The Baby Book* by Dr. William Sears
- *Know Your One Year Old* by Ames and Ilg

