# Your Child at 1 Year

Child's Name Child's Age Today's Date

How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 1st birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

# What Most Children Do at this Age:

#### **Social/Emotional**

- □ Is shy or nervous with strangers
- ☐ Cries when mom or dad leaves
- ☐ Has favorite things and people
- ☐ Shows fear in some situations
- ☐ Hands you a book when he wants to hear a story
- ☐ Repeats sounds or actions to get attention
- ☐ Puts out arm or leg to help with dressing
- ☐ Plays games such as "peek-a-boo" and "pat-a-cake"

#### **Language/Communication**

- □ Responds to simple spoken requests
- ☐ Uses simple gestures, like shaking head "no" or waving "bye-bye"
- ☐ Makes sounds with changes in tone (sounds more like speech)
- ☐ Says "mama" and "dada" and exclamations like "uh-oh!"
- ☐ Tries to say words you say

### Cognitive (learning, thinking, problem-solving)

- □ Explores things in different ways, like shaking, banging, throwing
- ☐ Finds hidden things easily
- ☐ Looks at the right picture or thing when it's named
- Copies gestures
- ☐ Starts to use things correctly; for example, drinks from a cup, brushes hair
- □ Bangs two things together
- ☐ Puts things in a container, takes things out of a container
- ☐ Lets things go without help
- ☐ Pokes with index (pointer) finger
- ☐ Follows simple directions like "pick up the toy"

#### **Movement/Physical Development**

- ☐ Gets to a sitting position without help
- ☐ Pulls up to stand, walks holding on to furniture ("cruising")
- ☐ May take a few steps without holding on
- May stand alone

#### **Early Screening Matters** encourages regular conversations about your child's development with:

- Registered Early Childhood Educators (RECE) in Licensed Child Care Centres
- EarlyON Program Facilitators
- Community Action Program for Children (CAPC) Program Facilitators
- Health Care Providers and Public Health Nurses



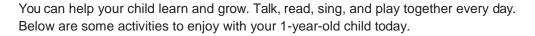
For more information call 705.739.5696 or 1.800.675.1979

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann @ 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.





# Help Your Child Learn and Grow





## What You Can Do for Your 1-Year-Old:

☐ Give your child crayons and paper, and let ☐ Give your child time to get to know a new your child draw freely. Show your child how to caregiver. Bring a favorite toy, stuffed animal draw lines up and down and across the page. or blanket to help comfort your child. Praise your child when she tries to copy them. ☐ In response to unwanted behaviors, say "no" ☐ Play with blocks, shape sorters and other toys firmly. Do not yell, spank or give long that encourage your child to use his hands. explanations. A time out for 30 seconds to 1 minute might help redirect your child. ☐ Hide small toys and other things and have your child find them. Give your child lots of hugs, kisses and praise for good behavior. Ask your child to label body parts or things you see while driving in the car. ■ Spend a lot of time encouraging wanted behaviors than punishing unwanted behaviors (4 times as much encouragement ☐ Sing songs with actions, like "The Itsy Bitsy for wanted behaviors as redirection for Spider" and "Wheels on the Bus". Help your unwanted behaviors. child do the actions with you. ■ Talk to your child about what you're doing. ☐ Give your child pots and pans or a small For example, "Mommy is washing your hands musical instrument like a drum or cymbals. with a washcloth". Encourage your child to make noise. Read with your child every day. Have your Provide lots of safe places for your toddler to child turn the pages. Take turns labeling explore. (Toddler-proof your home. Lock pictures with your child. away products for cleaning, laundry, lawn care and car care. Use a safety gate and lock doors to the outside and the basement. ☐ Build on what your child says or tries to say, or what he points to. If he points to a truck and says "t' or "truck" say, "yes, that's a big ☐ Give your child push toys like a wagon or blue truck". "kiddie push care".



