

Your Toddler's Development: 12-15 Months

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.</p> <ul style="list-style-type: none"> • If he wants to stand, let him hold your fingers for balance. • Support your child as he practices new skills like climbing stairs. Children need time to work on these new skills...safely! Encourage your child to turn the pages when you read together.
<p>I'm starting to talk and understand so much more.</p> <ul style="list-style-type: none"> • I may use some words like duhduh for dog. • 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> <ul style="list-style-type: none"> • Build your child's vocabulary. If she points to or says bus, you can say: The school bus is driving down the street. • Name the people, places, and things that your child sees each day: That's a garbage truck taking our trash. • Play games that involve following directions: Throw the ball to me.
<p>I want to do more for myself.</p> <ul style="list-style-type: none"> • I say no or show you in other ways that I want to do things on my own. 	<p>Play hide-and-seek games.</p> <ul style="list-style-type: none"> • This helps your baby learn that things that disappear also reappear. • Be sure to say good-bye to your baby. Never sneak out. This builds his trust in you and helps him learn to deal with difficult feelings.
<p>I love to do things over and over again.</p> <ul style="list-style-type: none"> • This is how I practice and figure out how things work. • Repetition also helps build my memory. 	<p>Help your child take the next step in her play.</p> <ul style="list-style-type: none"> • If she is banging two blocks together, see if she'd like to try stacking them. • Offer your child a ball to toss, a rattle to shake, or a scarf to swing. These activities help children learn how things work. They also build the muscles in their hands that will help them learn to write.

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

