



GCAPP PARENT TOOLKIT:

Your Toddler's Development: 12-15 Months

This is an exciting time in your child's growth! At this stage, toddlers are discovering the world in brand-new ways. They're full of curiosity, eager to try things "all by myself," and constantly learning by watching and copying you, their most important teacher.

How do you see your child learning from watching you?

- What they're doing ■ How can you help

MOVING MORE

- Walking independently, while holding your hand, or with a walker
- Climbing up stairs (may still need help coming down)
- Throwing balls and turning pages in books



HELP THEM REACH THEIR GOAL

- Let them hold your fingers for balance when learning to stand or walk
- Offer support as they practice new movements, like climbing stairs, while keeping them safe
- Encourage them to turn the pages when reading together

TALKING & UNDERSTANDING MORE

- Saying simple words like "duhduh" for dog
- Communicating wants through actions, like banging the table when hungry
- Pointing to body parts or pictures when asked



READ TO THEM

- Choose books on topics they love, animals, trucks, or kids like them
- Expand their vocabulary by describing what they see or adding detail:
Child says "bus" → You say, "Yes! That's a yellow school bus driving down the street."
- Name people, places, and everyday things: "Look, that's a garbage truck picking up our trash."
- Play simple games that follow directions: "Throw me the ball!"

SHOWING MORE INDEPENDENCE

- Saying "no" more often
- Trying to do things without help
- Spending less time being held and more time exploring

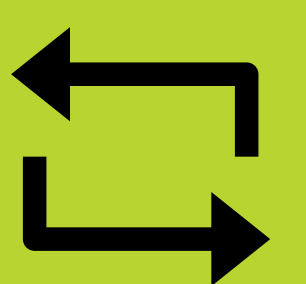


PLAY HIDE AND SEEK

- Play hide-and-seek with toys or people to teach that things (and people) come back
- Always say goodbye before leaving
- Avoid sneaking out—this builds trust and helps them manage big feelings

REPEATING ACTIONS

- Doing or asking for the same thing over and over again



HELP THEM TAKE THE NEXT STEP

- Offer new ways to explore: If they're banging blocks, show them how to stack them
- Use repetition to help them understand how things work and strengthen memory
- Provide objects to explore, balls to toss, rattles to shake, scarves to wave, to build muscles and coordination

REMEMBER

Every toddler develops at their own pace. What's most important is that they feel safe, loved, and supported as they explore and learn.

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