



Today's Weight _____

Today's Height _____

Your 1 Year Old

Infants grow at a fast rate. By the end of their first year, they will have tripled in birth weight. All children learn through their senses; seeing, touching, smelling, hearing and tasting. Exploring the world around them is the most important "job" of a one year old.

Here are some questions to help us learn more about your child's development. Please check those things you KNOW your child is doing! Does your One Year Old...

- Crawl?
- Pull to a standing position?
- Wave bye-bye?
- Look for something if you hide it?
- Put objects into containers?
- Look at picture books?
- Say words, like ma-ma and da-da?
- Follow simple directions like "come here"?
- Drink from a cup?
- Play pat-a-cake and peek-a-boo?
- Feed themselves a little bit?
- Point to let you know they want something?
- Show affection and smile at familiar adults?
- Explore the world but check to make sure you are there?
- Act differently away from you?

Remember that this is not a TEST and that all children develop and learn at different rates and times.

Do you have any worries about your child's development? _____

Ideas to help your one year old learn and grow...

Play:

- Take a walk with your child and allow them to explore and touch new things (such as leaves, sand, water and grass).
- Offer toys like blocks, cars, containers, dolls, and stuffed animals. (You can also use “homemade toys” like plastic containers and wooden spoons.)
- Play a game where you hide objects for your child to find.

Your child's brain is growing. Playing is how your child learns new skills and begins to understand their world.

Talk and Read:

- Sing songs and play music
- Talk to your child. Name things that you see and use during the day
- Give your child picture books to look at.
- Read to your child. Be prepared to read the same book over and over again. One year olds LOVE repetition!

Your child is beginning to learn about language and how to have a conversation. These activities encourage their use of sounds and increase their vocabulary.

Provide a Safe and Loving Environment:

- Cuddle with your child while singing and reading.
- Look around your child's environment. Keep small objects out of their reach. Remember, one year olds still like to put things in their mouths.
- Make sure you tell your child when you are leaving and when you will return even if you aren't sure s/he understands.

Your child is beginning to explore the world but they need a consistent and caring adult to return to. YOU are that person for your child!

Your child watches you. Use behavior you want your child to imitate!

Resources:

For information on resources to help you with finding playgroups, childcare or support around behavioral issues and other parenting concerns call:

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| • Bananas (for Northern Alameda County) | 658-7353 |
| • 4 C's (for Southern Alameda County) | 582-2189 |
| • Childcare Links (for Tri Valley area) | 925-417-8733 |
| • Parental Stress | N County, 893-9230 |
| | Hayward, 562-0148 |
| | Fremont, 790-3803 |
| • Alameda County Public Health Clearinghouse | 1-888-604-4636 |

If your child has a disability and you need support call:

Family Resource Network
510-547-7322

Every Child Counts
1100 San Leandro Blvd. Suite 120
San Leandro, California 94577
(510) 875-2400

