

Ones



A child development checklist and tips booklet

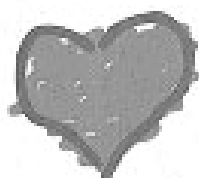


This booklet was a project of the Pinellas Early Childhood Collaborative and was written by early childhood professionals in the community. The project was funded by a grant from the Juvenile Welfare Board.

The booklet is one in a series of resource booklets on child development. The series contains:

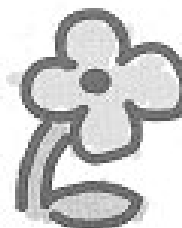
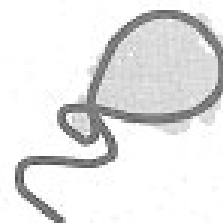
- **Infants**
- **Ones**
- **Twos**
- **Threes**
- **Fours**

To obtain booklets in this series please call 727-547-5800.



Early Learning Coalition

of Pinellas County, Inc.





Introduction

Starting Out

You are your child's first and most important teacher. Every day, your child is learning as you talk, play, and interact together.

Child development is a combination of age, individual growth, and experience. Your child will progress at his/her own rate; however, your involvement will promote developmental milestones.

Your child will learn by doing. Play is an essential part of learning. Your child learns best when involved in activities that are interesting and fun.

This booklet is designed to help you look at your one year old child's physical, social, emotional, and cognitive (concept and language) development. It provides checklists and tips to help you interact and play with your child.

The checklists contain items that are appropriate for toddlers 12-24 months of age and should not be applied to children under one year old.

This booklet is one in a series of resource booklets on child development. The series also contains a booklet on infant, two year old, three year old, and four year old development.

To obtain any of the other booklets in this series, please call 727-547-5800.



Brain Development

Your toddler was born with 100 billion brain cells. These cells need to be stimulated in order for your toddler's brain to properly develop the pathways of learning that will be used throughout his/her life. Activities that are done over and over by repeated early experiences form permanent learning pathways in the brain. Without these activities or experiences the learning pathways do not develop. When a learning pathway is not used, it often tends to disappear.

Brain growth happens when children are exposed to developmentally appropriate experiences. These include warm loving interactions with caring adults, sensory play, appropriate nutrition, a safe environment, and routine doctor visits. The effects of these early life experiences will last a lifetime.

Prolonged exposure to stress may impact a child's ability to learn and to take advantage of learning opportunities. Children who receive warm and responsive care are more likely to feel safe and secure, and can learn more easily. These secure attachments are the foundations for the development of self-image, emotions, behavior and learning. The importance of your role as a parent cannot be underestimated.



What parents can do:

Primary Benefit

Offer a variety of healthy foods and water throughout the day.

Brain Function/
Alertness

Provide your child with opportunities to hear a variety of music and play with problem solving toys and puzzles. Limit TV time.

Math/
Logical Thinking

Expose your child to a variety of colors and sights.

Vision
Development

Read, sing and name environmental sounds with your child.

Language/Hearing
Development

Provide opportunities to touch and handle a variety of toys, textures and colors.

Motor
Development

Talk with your child about what he/she is doing and seeing.

Language
Development

Limit your child's exposure to stressful or traumatic situations.

Emotional/Cognitive
Development

For additional information and ideas for working with your toddler, please read on!

Language

DOES YOUR CHILD...

	Yes	Not Yet
...use “one word” to express needs and wants (e.g., “up”, “down”, “cup”)?	<input type="checkbox"/>	<input type="checkbox"/>
...recognize the names of familiar people, objects, and up to five body parts?	<input type="checkbox"/>	<input type="checkbox"/>
...respond to action words and follow simple instructions?	<input type="checkbox"/>	<input type="checkbox"/>
...point to objects or pictures when named?	<input type="checkbox"/>	<input type="checkbox"/>
...repeat words and learn new words?	<input type="checkbox"/>	<input type="checkbox"/>
... refer to him/herself by name?	<input type="checkbox"/>	<input type="checkbox"/>
...attempt to sing songs with simple words?	<input type="checkbox"/>	<input type="checkbox"/>
...use two words together (e.g., “All gone”, “Drink milk”)?	<input type="checkbox"/>	<input type="checkbox"/>

Language Tips

“The use of language for communication is said to be one of the things that distinguishes humans from other living things on the planet. Toddlers are becoming more ‘human’ every day as they acquire language at a dizzying speed.” – Karen Miller

Parents can help this process by:

- Talking with your child, avoiding “baby talk” and sing-song language.
- Expanding on your child’s words by using complete sentences.
- Singing songs, doing finger plays, and playing rhyming games together.
- Naming objects that your child is interacting with as you go through daily routines (e.g., foods, toys, people, places, animals, and activities).
- Using gestures to help your child learn the meaning of words (e.g., waving bye-bye, blowing a kiss, or raising arms for up).
- Talking about the pictures when reading books.
- Getting down to eye level when you talk with your child.
- Allowing your child enough time to respond to questions and make comments.



Physical Development

DOES YOUR CHILD...

	Yes	Not Yet
...use a spoon and a cup with some spilling?	<input type="checkbox"/>	<input type="checkbox"/>
...walk without help?	<input type="checkbox"/>	<input type="checkbox"/>
...throw a ball, beanbag, or Koosh™ toy?	<input type="checkbox"/>	<input type="checkbox"/>
...help turn the pages of a book?	<input type="checkbox"/>	<input type="checkbox"/>
...squat to pick something up and then stand up again?	<input type="checkbox"/>	<input type="checkbox"/>
...climb on furniture?	<input type="checkbox"/>	<input type="checkbox"/>
...help when you are dressing him/her by lifting an arm or leg?	<input type="checkbox"/>	<input type="checkbox"/>
...push or pull toys?	<input type="checkbox"/>	<input type="checkbox"/>
...stack at least 3 small items (e.g., blocks, boxes, cans)?	<input type="checkbox"/>	<input type="checkbox"/>
...run fairly well?	<input type="checkbox"/>	<input type="checkbox"/>

Physical Development Tips

Movement is one of the most important means through which young children learn about themselves and about the world around them.

Parents can help with the process by:

- Providing time daily for your child to play outside and get exercise.
- Providing space for your child to dance, run, spin, sway and move with music.
- Playing ball (e.g., rolling, throwing, catching, kicking) with your child.
- Providing opportunities for your child to move on riding toys without pedals.
- Providing opportunities for messy play with playdough, finger-paints or sand.
- Allowing your child to practice dumping and filling containers of all sizes.
- Giving your child boxes with lids to practice covering and uncovering.
- Encouraging your child to turn pages in a book while reading a story.
- Providing puzzles, blocks, banging/pounding toys and nesting/stacking toys.
- Providing finger foods and encouraging your toddler to self feed. Neatness is not part of what it means to be a toddler.
- Providing opportunities to drink from a straw (not soda pop).



Health and Safety

DOES YOUR CHILD...

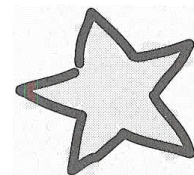
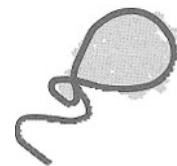
	Yes	Not Yet
...have a set schedule for eating, sleeping, and bathing (with adult help)?	<input type="checkbox"/>	<input type="checkbox"/>
...respond to simple messages when spoken to in a normal voice?	<input type="checkbox"/>	<input type="checkbox"/>
...eat a variety of nutritious food daily in adequate amounts?	<input type="checkbox"/>	<input type="checkbox"/>
...display curiosity?	<input type="checkbox"/>	<input type="checkbox"/>
...seem interested in looking at new things?	<input type="checkbox"/>	<input type="checkbox"/>
...look straight at you with both eyes when facing you?	<input type="checkbox"/>	<input type="checkbox"/>
...spend more time involved in play than watching TV?	<input type="checkbox"/>	<input type="checkbox"/>

Health and Safety Tips

“Your toddler’s capabilities for exploration will undoubtedly begin to take him beyond the limits of safety.” – Baby Talk

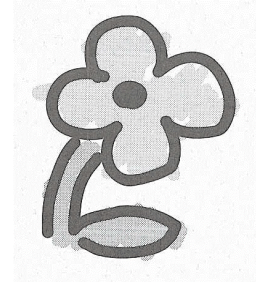
Parents can help this process by:

- Making sure your child has regular medical checkups, up-to-date shots, and prompt medical attention when needed.
- Setting a daily schedule including nap and bedtime. Introduce tooth brushing at bedtime.
- Eliminating bottles by 18 months of age. Bottles at naptime or at night may cause tooth decay, ear infections, or thrush.
- Keeping all cleaning products and medications completely out of sight and reach. Use safety caps on all medicines.
- Posting 911, poison control center, and other emergency numbers on or near all your telephones.
- Keeping a charged fire extinguisher in a readily accessible area.
- Dressing your toddler in flame retardant sleepwear and comfortable clothing. Install a smoke detector in your toddler’s bedroom.
- Using a car seat every time you take your toddler in the car and buckling your seat belt, too. Your local fire department can check for proper installation.
- Using gates on stairways and locking the doors leading to pools and other dangerous areas.
- Covering outlets, removing hazards, and childproofing inside and outside your home.



Health and Safety Tips (cont'd)

- Learning emergency and first aid procedures such as CPR.
- Keeping your child in a safe place while you cook and turning pan handles toward inside of stove.
- Keeping all guns out of your house or storing guns locked, unloaded and uncocked, in a locked container out of reach of your child. Store ammunition separately.
- Making sure the air in your home is safe to breathe (e.g., free from cigarette smoke and carbon monoxide).
- Keeping a watchful eye on your toddler, never leaving him/her unattended.
- Supervising your toddler closely when he/she is near water including buckets, toilets, and wading pools, etc. Children can drown in less than 3 inches of water.
- Limiting TV time. This may reduce the risk of your child developing ADHD (Attention-Deficit Hyperactivity Disorder).



Concept Development

DOES YOUR CHILD...	Yes	Not Yet
...respond to seeing self in the mirror?	<input type="checkbox"/>	<input type="checkbox"/>
...point to or name at least five body parts?	<input type="checkbox"/>	<input type="checkbox"/>
...look for objects that are hidden or out of sight?	<input type="checkbox"/>	<input type="checkbox"/>
...use a variety of objects when playing?	<input type="checkbox"/>	<input type="checkbox"/>
...try to figure out how things work?	<input type="checkbox"/>	<input type="checkbox"/>
...use familiar objects correctly (e.g., cup, key, phone, shoe)?	<input type="checkbox"/>	<input type="checkbox"/>
...imitate what you or others do (e.g., cook, sweep)?	<input type="checkbox"/>	<input type="checkbox"/>
...engage in make believe or pretend play?	<input type="checkbox"/>	<input type="checkbox"/>
...recognize pictures of familiar objects or people?	<input type="checkbox"/>	<input type="checkbox"/>
...point to or name favorite toys and familiar objects?	<input type="checkbox"/>	<input type="checkbox"/>
...match sounds to animals? (e.g., "What does the cow say?")	<input type="checkbox"/>	<input type="checkbox"/>

Concept Development Tips

"Play is merely the term adults attach to the activities of young children. In reality, your 1 year old is busy seeking opportunities to learn about and from the objects in his or her environment." – Totline

Parents can help this process by:

- encouraging exploration while maintaining your child's safety.
- Providing a variety of sensory experiences such as playdough, sand, and water play.
- Providing age appropriate, safe toys which require thinking (e.g., blocks, push toys, boxes, pots and pans, nesting cups).
- Engaging in interactive play like rolling the ball to each other and patty-cake games.
- Modeling imaginative play (e.g., mommy and/or daddy roles, baby doll care, tea party).
- Offering simple choices throughout the day (e.g., "Do you want to wear the red shorts or the blue shorts?", "Do you want banana or apple slices?", "Do you need a blanket or bottle for your doll?")
- Offering opportunities to use art materials such as paper and large washable crayons.
- Providing stories, nursery rhymes, puppets, fingerplays, and songs.
- Keeping your child's play area free from clutter.
- Talking about animals and sounds they make using songs, stories, and fingerplays.

Reading and Writing

DOES YOUR CHILD...

	Yes	Not Yet
...have favorite books?	<input type="checkbox"/>	<input type="checkbox"/>
...enjoy listening to the books that are read to him/her?	<input type="checkbox"/>	<input type="checkbox"/>
...turn the pages of a sturdy book?	<input type="checkbox"/>	<input type="checkbox"/>
...show an interest in looking at pictures?	<input type="checkbox"/>	<input type="checkbox"/>
...point to things he/she wishes to be named?	<input type="checkbox"/>	<input type="checkbox"/>
...find things you ask about on a page of a book?	<input type="checkbox"/>	<input type="checkbox"/>
...express delight with what he/she sees and knows in a book?	<input type="checkbox"/>	<input type="checkbox"/>
...attempt to repeat what you read?	<input type="checkbox"/>	<input type="checkbox"/>
...recognize people in family photographs?	<input type="checkbox"/>	<input type="checkbox"/>
...make marks (scribbles) with a crayon or marker?	<input type="checkbox"/>	<input type="checkbox"/>

Reading and Writing Tips

“Reading aloud to children has an incredible emotional and intellectual impact on their ability to learn to read and on their entire lives.” – Mem Fox

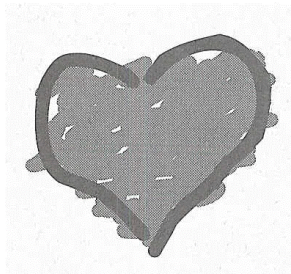
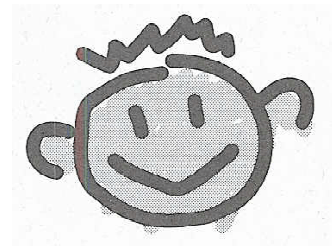
Parents can help with this process by:

- Showing by example that reading and writing are things you do everyday.
- Helping your child to make connections of written and oral language (e.g., Write down and say the items needed when making the grocery list.).
- Letting your child participate when sending letters or cards by scribbling or making notes on the cards.
- Talking with your child about what he/she is looking at in a book and relating the story to your daily life (e.g., “We brush our teeth like the boy in the story.”).
- Pointing to pictures in books and talking about familiar objects.
- Reading books, poetry, rhymes, etc., with your child in a quiet setting.
- Reading with expression.
- Having a variety of books/magazines for your child to look through independently.



Reading and Writing Tips (cont'd)

- Keeping books in places where your child can get them safely and reach them easily (e.g., home, car, stroller).
- Giving your child books as gifts throughout the year, selecting books that are sturdy.
- Allowing your child to select the story he/she would like to hear. Children often request the same story over and over again. They learn by repetition.
- Having books available throughout the day (e.g., restaurant, laundromat, doctor's office, nap/bedtime).
- Reading stories filled with rhyme and repetition and encouraging your child to join in on repeated refrains.
- Visiting the local library with your child.
- Providing finger-strengthening activities for writing by having your child wring washcloths, squish and mold wet sand, and squeeze sponges during bath time.



Social and Emotional Development

DOES YOUR CHILD...

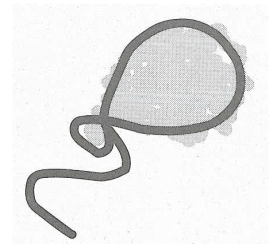
	Yes	Not Yet
...play interactive games such as “Pat-A-Cake”, “This Little Piggie”, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
...play alone for short periods of time?	<input type="checkbox"/>	<input type="checkbox"/>
...play beside and show interest in other children/adults?	<input type="checkbox"/>	<input type="checkbox"/>
...seek you out to play?	<input type="checkbox"/>	<input type="checkbox"/>
...demand your attention?	<input type="checkbox"/>	<input type="checkbox"/>
...show increasing independence?	<input type="checkbox"/>	<input type="checkbox"/>
...display a wide range of emotions (e.g., excitement, fear, shyness, anger, pride)?	<input type="checkbox"/>	<input type="checkbox"/>
...express caring for others with smiles or hugs?	<input type="checkbox"/>	<input type="checkbox"/>
...try to comfort you and others?	<input type="checkbox"/>	<input type="checkbox"/>
...test limits and do the opposite of what you say?	<input type="checkbox"/>	<input type="checkbox"/>
...use “no” or “mine”?	<input type="checkbox"/>	<input type="checkbox"/>
...have tantrums?	<input type="checkbox"/>	<input type="checkbox"/>
...come to you when needing help?	<input type="checkbox"/>	<input type="checkbox"/>
...hug a doll or stuffed animal?	<input type="checkbox"/>	<input type="checkbox"/>
...imitate your actions or behaviors?	<input type="checkbox"/>	<input type="checkbox"/>

Social and Emotional Development Tips

“We need 4 hugs a day for survival. We need 8 hugs a day for maintenance.
We need 12 hugs a day for growth.” – Virginia Satir

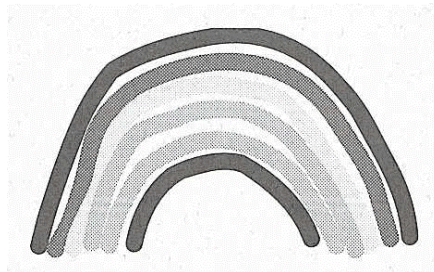
Parents can help this process by:

- Giving hugs and smiles and spending happy times together with your child.
- Staying nearby and being available as your child becomes an independent explorer.
- Being calm, supportive, and playful throughout each day.
- Offering choices when possible (e.g., “Do you want to play with blocks or the puzzle?”).
- Eating meals as a family.
- Modeling behaviors you desire in your child such as saying “thank you” and “please”.
- Providing opportunities for your child to be with other children.



Social and Emotional Development Tips (cont'd)

- Realizing that your child is too young to share, therefore, not expecting him/her to do so.
- Understanding your child's individual rhythm and temperament such as active, cautious, sensitive, mellow.
- Setting predictable and consistent limits.
- Waiting to see what your child can do before offering to help.
- Showing your child how to behave rather than punishing inappropriate behavior.
- Developing family routines and rituals for mealtime, bath, diapering, and bedtime.
- Understanding that biting and hitting may be an expression of frustration or anger. Never bite or hit your child back. Provide words such as "gentle hands", "Hands are for helping", "We bite food, not people".
- Allowing your child to express both positive and negative feelings in a safe way.



Resources

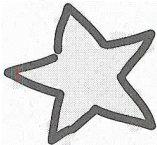
Child Development

Call for information on:

- **Concerns about my child's development**
 - Infant and Toddler Screenings Early Intervention Program 727-767-4403
 - Preschool Screenings FDLRS (Child Find) – 727-462-1588
- **Concerns about my child's behavior**..... Project Challenge 727-547-4212
- **Parenting and child guidance**
 - Community Resources (Helpline) 211
 - Public Libraries (Check your phone book for listings)
 - Mary Faust Child Care Resource Library 727-725-9778
 - Juvenile Welfare Board Library 727-547-5670

Additional information can also be found on web sites such as:

familyeducation.com	parenthood.com
parentsoup.com	zerotothree.org
kidsgrowth.com	iamyourchild.org
rif.org	allkids.org



Health and Safety



Call for information on:

- **A medical emergency**.....911
- **Poison control** 1-800-222-1222
- **Car seat education and safety**..... 727-892-KIDS (892-5437)
- **Childproofing my home, water safety, injury prevention** .. 727-898-SAFE (898-7233)
- **Medical services (low cost physicals, immunizations)**
 - Pinellas County Health Department..... 727-824-6900
 - Community Health Centers of Pinellas 727-821-6701
- **Low cost health insurance** Florida Kid Care 1-888-352-5437

- **Infant/child first aid & CPR classes**
 - American Red Cross..... 727-446-2358
 - American Heart Association 727-570-8701
- **Unsafe products or items that have been recalled** 1-800-638-2772
- **Community resources (clothing, emergency shelter, stress, counseling)** (Helpline) 211
- **Nutrition**
 - Cooperative Extension Service 727-582-2100
 - WIC (Women, Infants, Children)..... 727-824-6900
- **Reporting suspected child abuse/neglect** 1-800-96A-BUSE
(Calls remain anonymous)

Child Care

Call for information on:

- **Locating childcare centers and homes**
 - Child Care Resource and Referral 727-547-5750
- **Assistance in paying child care fees**
 - Coordinated Child Care 727-547-5700
- **A provider's licensing history**
 - Pinellas County License Board..... 727-547-5800
(Levels of compliance, complaints)