



PLAIN TALK for Parents

About Your One- to Two-Year-Old Child

Every child and parent is unique. This information highlights patterns of growth and development that apply to most children. As you watch, listen to, and play with your child, you'll discover when she or he is ready for new activities and skills. You'll find your own ways to use old and new ideas to fit your personality, your family, and your child's needs.

GENERAL TRAITS

- Explores everything by touching, tasting, carrying.
- Can usually turn pages of a large picture book.
- Language varies a lot - words may include "Mama," "Dada," "Ball," or "No."
- Likes hugs, smiles, kisses.
- May nap less than as an infant.
- Imitates adult actions, words, noises.
- Helps feed him/herself.

WHAT A PARENT CAN DO

- Allow your child freedom to move & explore.
- Keep your house safe for your child - it helps to go through the house on your hands & knees. Put breakable & dangerous things out of reach.
- Keep poisons, medications, cleaning solutions in a locked cupboard. Keep the Poison Center number on hand for emergencies.
- Talk with your child as if you were carrying on a conversation. This helps your child learn to talk & understand.
- Play the "name game" by pointing to things & saying the names aloud.
- Save "no" for important matters. When you say "no" explain why. As in "No - the stove is hot," or "No - fire will burn you."

- Accept normal childhood spills & bumps without fuss.
- Respect your child's eating habits. Tastes & appetites change from day to day. Use small portions. Don't force your child to eat.
- Drop the idea of toilet training until your child is at least two years of age.
- Enjoy playing with your child - doing peekaboo, singing, dancing, or rolling a ball.

TOYS FOR THE 1- TO 2-YEAR-OLD

- Pull & push toys
- Balls
- Blocks
- Water toys
- Pocketbook
- Pots & pans with covers
- Simple boxes to open & close
- Nest of circular plastic cups to fit & take apart, fill & dig with
- Woolly or soft cloth animals & dolls - eyes should be painted or embroidered, not buttons
- Books - cloth & heavy cardboard with familiar objects & bright colors

This material was adapted from St. Mary's Hospital Medical Center Guide to Health with their permission.

