

Ages & Stages for Caregivers

12–18 months

By one year of age, babies are beginning to develop into their own being. They provide great joy for their parents and providers. This *Ages and Stages for Caregivers* will help you understand what to expect of babies this age and how you can best nurture them to meet their needs at this exciting time of growth.

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SIGNS OF DEVELOPMENT —by 18 months

(individual development varies)

Developing Body

- Weighs 17-30 pounds
- Measures 27-35 inches long
- Stands alone and is able to sit down
- Carries small objects while walking
- Waves bye-bye and claps hands
- Walks without help

Developing Mind

- Takes things apart
- Identifies objects in a book
- Enjoys playing peek-a-boo
- Begins to understand and follow simple directions

Developing Communication

- Says hi or bye if encouraged
- Points or uses single words
- Looks at person talking to him
- “Talks” by pointing or gesturing towards things

Developing Self

- Recognizes self in pictures
- Loves being read to by others
- Plays with toys alone
- Gets upset when parents leave
- Likes looking in the mirror and making faces

HOW YOU CAN HELP

Encourage toddler’s physical development.

Get down on the floor with the child and interact. Roll with him, crawl with him, and pass the ball back and forth.

This will also:

- Assist in the development of the child’s large and small motor skills.

Build on toddler’s curiosity and drive to understand his world.

Play peek-a-boo with the child.

This will also:

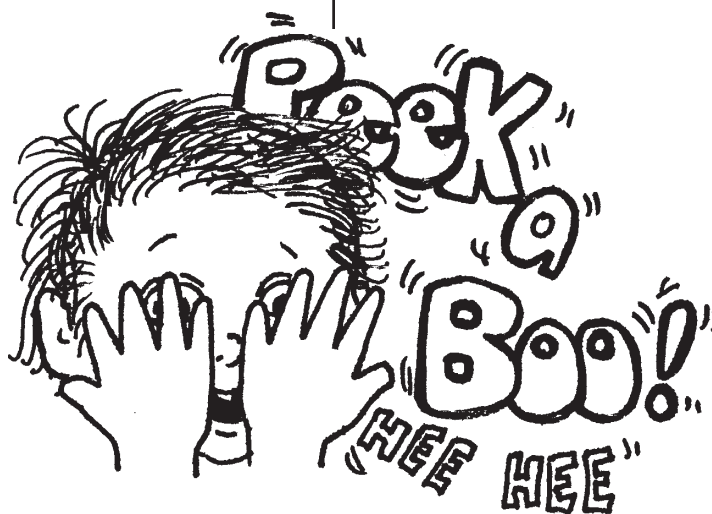
- Help in the development of the child’s understanding of cause and effect. He will learn that when he covers his eyes and you are gone temporarily, you will still be there when he returns. This will encourage the child’s trust in you.

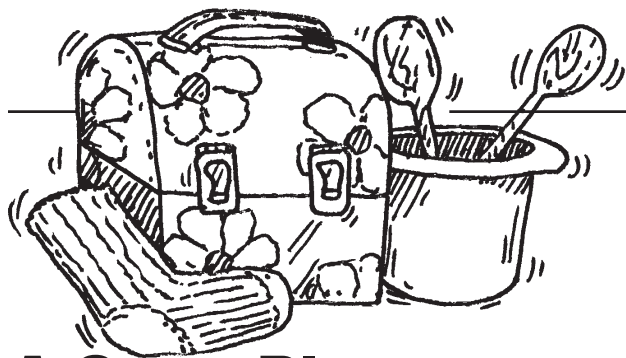
Stimulate his language development.

Talk to the toddler and allow him to talk back to you. Point to things you see and use every day. He will repeat the word in his own language, and you can say it again correctly.

This will also:

- Encourage cooperation as he learns give and take by talking with you.





A Great Place to Grow

Toys and Materials

- Everyday toys from around the house that will help develop his curiosity such as plastic tubs, socks, lunch box, wooden spoons

Safety Tips

- Child proof your home again, looking at the toddler's eye level.
- Put toxic items like paint, detergent, medicine, and makeup in high cupboards.
- Use safety latches on all cupboards holding toxic, dangerous, or breakable materials.

HELP!

I have one child who never shares. It is always a big mess when another child wants to play with a toy she has. What can I do?

It is very common for toddlers to not want to share. You can help by teaching the children how to react when another child will not share with them. Here are some things you can try teaching the children:

- Say “it was mine” and ask for it back.
- Use your words and tell the other child (rather than hitting or grabbing).
- Tell the other child you don't like it when they don't share.
- Often, redirecting the child to another toy or activity will also solve the crisis.

Working with Parents

Depending on how long a child is at your house, you may feed a child more meals than the parents. During this age, children's appetites often decrease and change rapidly. As the provider, you need to communicate with parents the changes you see in a child's eating habits as well as what you are doing to keep the child nourished. Offer a variety

of choices to the child, making sure to include old favorites as well as new foods. Often a child will eat the same food for several meals in a row, then not want the food for several days. While it may be difficult, try to provide a variety of foods so many different nutrients are available for the child.

What to do if you are concerned about a child's development

Child care providers are often in a position to be the first to notice when a young child has a developmental delay, chronic illness, or disability. If you suspect a child's behavior is indicating a problem:

- Talk with parents in a calm way, being careful to say that there probably isn't a problem, but that it would be worth checking out further.
- Work **with** parents, comparing what you have seen in child care with what they have seen at home and talking together about what to do next.
- Suggest resources, community professionals, articles to read, etc.
- Be a compassionate listener; hearing that there may be something wrong with your baby is very tough.

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Reference: Berk, L. (2000). *Child Development* (5th ed.). Needham Heights, MA: Allyn & Bacon.