

Ages & Stages

Infants

12 To 18 Months Old



HE-730-E

Alabama Cooperative Extension System
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This is a very active time in your growing baby's life. Your 1-year-old is practicing all kinds of new skills. Your child uses crawling, walking, running, climbing, throwing, and kicking to learn about things. Children at this age love to explore and try to do things on their own. They are very busy and curious, and they need adults who are understanding and who have a good sense of humor.



What's It Like To Be...?

12 To 15 Months Old

- I can probably walk by myself, but I may still be unsteady.
- I like to try to help dress myself.
- I want to feed myself.
- I can use a spoon, but not very well yet.
- I can show you what I want by pointing.

15 To 18 Months Old

- I like to climb and to take things apart.
- I can probably say about six words or more.
- I can stack things and make a tower three blocks high.
- I can hold my own drinking cup in both hands.
- I can walk alone and seldom fall.

What Your 1-Year-Old Wants You To Know:

I need you to help me find safe places to climb, run, and explore.

I can be messy feeding myself, but trying helps me learn how to do it better.

I need lots of loving attention, like hugs and encouragement.

Please let me carry around my favorite blanket or toy. It makes me feel safe.

Let me know when I'm being good. Then I'll know how to get your attention in a positive way.

Saying "no" only tells me you don't approve. I'll understand better if you show me how you want me to act.

I like you to read to me and help me look at pictures in books or magazines.

I need you to protect me from accidents.
I don't know what is unsafe.

When you help me try new things and do
some things for myself, I feel strong and
confident.

Every child is different. If you watch me
closely, you will get clues about why I do
what I do and how to help me grow.



Play Encourages Learning

One-year-olds like to play with:

- Large blocks or things to build with.
- Large pieces of paper to draw on with big crayons.
- Toys to pull around.
- Toys that can be safely taken apart, put inside each other, or stacked.
- Balls to kick and catch.
- Simple books with pictures and sturdy pages.

How Do 1-Year-Olds...?



Think And Learn

- They like to explore spaces and objects.
- They want to try doing more things themselves.
- They can follow simple instructions.
- They understand more than they can say.
- They try to make new and interesting things happen.

Grow Socially And Emotionally

- They use words like "no" and "mine" more often.
- They begin to imitate the behaviors of other children.
- They are beginning to recognize themselves as a person separate from their loved ones.



Play

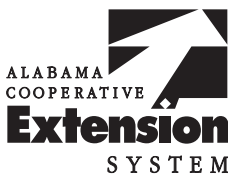
- They are possessive of their toys and don't understand the idea of sharing.
- They tend to play next to other children, but usually not with them.
- They approach other children by offering looks and smiles and offering objects.

Safety Hazards For New Walkers

- Furniture and counters with sharp corners.
- Unprotected steps, stairs, or heights.
- Unprotected electrical sockets and appliances.
- Small objects or bits of food around the house that can cause choking, like buttons, coins, popcorn, and nuts.

All children grow, learn, and develop at different rates. The information in this brochure is considered typical for this age. If we do all we can to help children develop now, they will have the best chance to do well in school and in life.

This brochure was developed by the Child Care Resource Center and the Alabama Cooperative Extension System.



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