

# I am ONE and OH, THE THINGS I CAN DO!

## Physical

- ♥ I weigh about 3 times my birth weight.
- ♥ My growth rate is slowing down compared to my first 12 month in the world.
- ♥ My noggin is growing though! About ½ inch every 6 months. Yep.
- ♥ My anterior fontanelle will be nearly closed when I am 18 months.
- ♥ I will get 6 to 10 new teeth this year!
- ♥ My little legs may still appear bowed cuz that's what little legs look like.
- ♥ As I start to toddle I will begin to lose my beautiful baby chub.
- ♥ My arms and legs will start to get longer and my baby face will get a little more angular.
- ♥ I'm still a bit top heavy, my tummy sticks out and my back is bit swayed. Makes me adorable.

## Motor development

- ♥ I'm a pro crawler.
- ♥ I can stand! My stance is wide, my legs are stiff and my arms are out for balance. But I am up!
- ♥ I can get to my feet by myself and have an impressive deep knee squat.
- ♥ I still use furniture to stand up and to lower myself to floor. We've all done that.
- ♥ I'm planning on walking this year. I will fall a lot and I will plow into things.
- ♥ I like pushing and pulling toys around the house.
- ♥ I am good at picking up things and throwing them.
- ♥ I will try to run. Aww.
- ♥ I love to crawl up the stairs. Bet you knew that.
- ♥ I can sit in a small chair. Not saying I will, but I can.
- ♥ I can carry my toys from place to place.
- ♥ I enjoy crayons and markers. I am an awesome scribbler. I use whole-arm movement.
- ♥ I like to feed myself and I like holding the spoon and drinking from a cup.
- ♥ I can help turn pages in book.
- ♥ Oh! I can stack now! I am working on stacking two to six objects.

## Cognitive development

- ♥ I love object-hiding activities!
- ♥ When I first turn ONE I will look in the same spot for a hidden object. Soon I will search in other places.
- ♥ I am learning to cross my midline! This is an important neurological development.
- ♥ I like looking at picture books.
- ♥ I understand simple functional relationships (objects that belong together.) I may put the spoon in a bowl and pretend to eat or put my hat on my head.
- ♥ I will show or offer toys to others. For now.
- ♥ I am able to name many everyday things.
- ♥ I'm developing spatial and form discrimination: I will try to put pegs in a pegboard and am beginning to work with nesting toys.
- ♥ I can put several small items into a container. I can dump 'em all out too.
- ♥ I like to try to make mechanical objects work after I see you making them work.
- ♥ I can wiggle my face in response to your wiggly face.
- ♥ Children with autism may be displaying behaviors at this age that lead to diagnosis.



# ONE Year OLD (CONT.)

## Language

- ♥ I'm a babbler. I can put words and sounds together into baby speech patterns.
- ♥ I use holophrastic speech - meaning one word conveys an entire thought. "Me" means 'please give me some of those cookies you are eating.'
- ♥ Soon I will use two-word phrases to express a thought (telegraphic speech), "more cookie."
- ♥ I can follow simple directions, "Give Daddy the cup."
- ♥ If you ask me, I can point to familiar people, toys and things.
- ♥ I am learning my anatomy. Ask me where my noes is.
- ♥ I have a few favorite words, such as "bye-bye" or "dog". I use gestures to help me communicate.
- ♥ I can respond to simple questions with a "yes" or a "no".
- ♥ About 25%-50% of my speech is intelligible. To you. It *all* makes sense to me.
- ♥ I am aware of the reciprocal aspects of conversation and I am starting to take turns in talking.
- ♥ I have learned and use 5-50 words - animals, food and toys top the list.
- ♥ I like rhymes and songs and try to join in.

## Social

- ♥ I am a bit wary of strangers.
- ♥ I can help pick up and put away toys.
- ♥ I can play by myself.
- ♥ I like being held and read to.
- ♥ I will imitate the big people and like to play copy cat games.
- ♥ I like the attention of my people. I like to know adults are near.
- ♥ I give hugs and kisses.
- ♥ I recognize my amazing self in the mirror.
- ♥ I like the companionship of other children - but I'm not a cooperative playmate just yet.
- ♥ I am gaining independence. I may rebel against daily routines.
- ♥ I am perfectly capable of having a tantrum.
- ♥ I am curious about people and things and eager to learn!.

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