

# PLAIN

# TALK

# FOR PARENTS

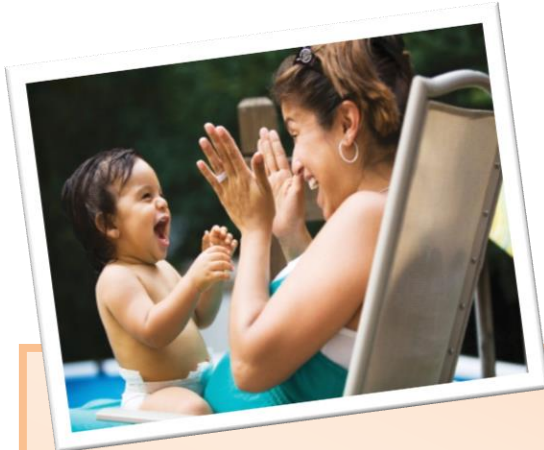
## About Your One- to Two-Year-Old Child

### *Every Child and Parent is Unique.*

This brochure highlights some general patterns of growth and development that apply to most children.

As you watch, listen to, and play with your child, you will discover when she or he is ready for new activities and skills.

You will find your own ways to use old and new ideas, to fit your individual personality, your family life, and your child's needs.



### **General Traits**

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

### *Toys for the 1- to 2-year-old*

- Woolly or soft cloth animals and dolls (eyes should be painted or embroidered, not buttons)
  - Pull and push toys
- Nest of circular plastic cups (to fit and take apart, fill and dig)
- Books (cloth and heavy cardboard with familiar objects and bright colors)
- Boxes (simple ones to open and close)
- Pots & pans with covers
  - Purse/wallet
  - Water toys
  - Blocks
  - Balls

### **What a Parent Can Do**

- Allow your child freedom to move and explore.
- Keep your house safe for your child. (It helps to go through the house on your hands and knees.) Put breakable and 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 just as if the two of you were carrying on a conversation. This helps your child learn to talk and understand.
- Play the "name game" by pointing to things and saying the names aloud.
- Accept normal childhood spills and bumps without fuss.
- Drop the idea of toilet training your child until at least two years of age.
- Respect your child's own eating habits. Tastes and appetite change from day to day. Use small portions. Don't force your child to eat.
- Enjoy playing with your child (peek-a-boo, singing, dancing, rolling a ball).
- Save "no" for important matters. When you say "no" explain why. "No - the stove is hot," or "No - fire will burn you."

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

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