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SP418-N-Healthy Children: 1 Year Old

The University of Tennessee Agricultural Extension Service

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Healthy Children Ready to Learn

1 YEAR OLD

DEAR PARENTS — YOUR BABY IS NOW 1 YEAR OLD!



BOTH you and your baby have come a long way. You've helped your baby grow into someone who can sit, stand, climb and reach for things; who can think, feel, understand you and maybe even say a few words.

You can look back with pride on the past year and give yourself a well deserved pat on the back. At times it

was hard, but you managed well. From now on, your baby will be growing and learning at an amazing rate. You can look forward to the coming years, confident that you will help him develop into a responsible human being.

WHAT'S IT LIKE TO BE



How I Grow

- I may walk, but still prefer to crawl — it's faster!
- I may also try to do other things while I'm walking, like wave to you or pick up my favorite blanket.
- I stand by pushing up from a squatting position.
- I climb up and down stairs, if I have the chance.
- I may even be able to climb out of a playpen or crib.
- I use my hands to remove lids from jars.
- I hold things with one hand while I'm doing something else with the other hand.
- I use my index finger to point to things.
- I try to dress or undress myself, but I'm not very good at it yet.
- I insist on feeding myself.

How I Talk

- I repeat words I know – it's good practice.
- I babble away in phrases that sound like short sentences.
- I make up my own words to describe objects or people.



How I Respond

- I trust people I know well.
- I imitate people, even if they are not around.
- I am still afraid of strangers and unfamiliar places.
- I am very definite about my likes and dislikes.

How I Understand

- I remember more because my memory is getting sharper.
- I hunt for a toy, and even if I don't find it right away, I can remember where I saw it last.
- I keep trying to do something and may even solve the problem through trial and error.
- I follow simple directions and understand most things you say to me.
- I have favorites among people and toys.

1 YEAR OLD?

How I Feel

- I feel great that I have a personality all my own.
- I'm developing a sense of humor and think a lot of things are funny.
- I still don't like being separated from you and am relieved when you return.
- I feel secure and happy eating meals with my family.
- I feel (and show) love and affection to my favorite people and things.



BUILDING SELF CONFIDENCE

Being a parent can sometimes tax your patience, as well as your confidence in your ability to cope with daily problems. At times you may feel comfortable and self confident, and at other times you may feel uncertain and fearful about your decisions.

We all strive to feel comfortable and good about ourselves. Self confidence is measured by the way we feel and the way we behave.

There are ways to bolster your self confidence, so that you feel better about yourself.

Here are a few suggestions:

- Examine and determine what YOU want out of life – not what other people want for you, or want you to do.
- Don't put yourself down. Instead of saying "I can't do it," try saying "I am going to try to do it."
- Live your life from this moment on. Don't become discouraged by past mistakes.
- Trust your own decisions. You are the best judge of what works well for you.



LOOKING BACK... LOOKING

Looking back, you have many memories of all the things you have shared with your baby. Do you remember the times when you stayed up all night? How about the times that you thought the crying would never stop, or the times that your baby smiled and laughed and you felt good sharing his joy?

Do you remember when your baby

- Made his first sound besides crying?
- Held his first toy?
- Used a spoon the first time?
- Took his first steps?

You could go on and on reliving the memories, some of them happy and some of them not so pleasant.

But now you and your baby are ready to move onto the second year. There are many more “firsts” to look forward to: the first walking steps taken alone, the first words read out of a book, the first day at school and so many others.

It is often easy to forget the things that work well in the process of raising a child. Here are a few thoughts to keep in mind:

- You are your baby’s first teacher. Teach the things that you think are important in life.
- Follow your common sense when you have a problem. Do what you feel is best for you and your baby.
- Try to take some time out for yourself — your needs are important, too.

Your role as a parent has not ended. For your baby, life has barely started. He is just beginning to learn about the world around him, and there will be many new adventures to share through the years.



F.O.R.W.A.R.D



FEEDING YOUR BABY

WHAT, WHEN & HOW MUCH?

Most health authorities recommend that a baby should be at least a year old before whole milk is given. Until your baby is 1 year old, breast milk or formula is the most appropriate milk to feed your baby. Do not give a baby under two years old low-fat or skim milk. It has too little fat and too much protein.

In addition to milk, give several small servings from each of the following food groups every day:

- Vegetables, fruits
- Meat, fish, poultry, egg yolk or dry beans and peas
- Cheese, yogurt or cottage cheese
- Bread, crackers, cereal, rice or pasta



How Much Should My Baby Eat?

Your baby doesn't have to eat something from

Q&A

How much milk should I give my 1-year-old?

Your baby should get about 2 to 3 cups daily with a variety of other foods from the food groups listed above.

every food group at every meal. He may eat well at one meal, not so well at the next and refuse the third meal. One hearty meal a day plus four foods from the

above food groups are about average at this age. Forcing babies to eat can work in reverse and make them refuse any food. Or they may continue to eat just to get your approval.

Offering food to babies when they are upset may quiet them for a few moments, but it will also teach them the habit of using food as a solution to problems. Instead, try to find the cause of the problem and solve it, without using food as the pacifier.

Pull-the-String

using-a-tool game



PURPOSE OF GAME

- Helps your baby learn to use objects as tools to get what she wants.

HOW TO PLAY

- Hold your baby in a sitting position on your lap facing a flat surface like a table top.
- While she is watching, tie one end of a piece of string around a favorite toy.
- Place the toy out of reach on the table and say, "Get the toy."
- Your baby will learn to pull the string to get the toy.

Another using-a-tool game

- Place the toys on the string out of reach again.
- Place two more strings alongside the string with the toy attached.
- Your baby will learn to pull the string with the toy attached.

Parents sometimes treat boys and girls differently and react differently towards them. They may give toy trucks to boys and dolls to girls. They may get upset if a boy picks up a doll and starts playing with it because they think a doll is a girl's toy. The same thing may happen when a girl plays with a toy truck or car.

Although your child is still a baby, it's not too early to consider your own attitudes about sex roles. Now is a good time to evaluate the messages you want to give about "what little boys and little girls are made of."

Here are some questions to help sort out your attitudes:

- Do I hold back hugging my son just because he is a boy?
- Do I use a different tone of voice for my daughter than I would for a son, even though tenderness is comforting for both sexes?
- Do I expect different kinds of behavior from my children because of their sexes (for example, leadership and strength from a son, and crying and softness from a daughter)?

Allowing children to express themselves freely regardless of their sex will help them grow into healthy, capable and confident individuals.

WHAT
LITTLE
BOYS AND
GIRLS ARE
MADE OF

If you have any questions or comments, please contact the Extension Family and Consumer Sciences agent at your county UT Extension office.

I am me.
In all the world,
There is no one else like me . . .
I have the tools to survive,
To be close to others,
To be productive,
And to make sense and order
Out of the world of people
And things outside me.

Excerpted from "Self Esteem" by Virginia Satir, Celestial Arts, Millbrae, California, 1970.



HEALTHY CHILDREN READY TO LEARN

was originally developed as the Parent Express series by the University of California Cooperative Extension Service. The material was adapted for use in Tennessee by Family and Consumer Sciences Professor Janie Burney and others. Contact Family and Consumer Sciences Professor Denise Brandon for information about this publication.

RESOURCES

From a Bookstore or Library:

Touchpoints: Birth to Three: Your Child's Emotional and Behavioral Development by T. Berry Brazelton and Joshua Sparrow, M.D., Da Capo Lifelong Books, Cambridge, MA, 2006.

Caring for Your Baby and Young Child, 5th Edition: Birth to Age 5, by American Academy of Pediatrics, Bantam, New York, 2009.

Child of Mine: Feeding With Love and Good Sense (3rd Edition) by Elyn Satter, Bull Publishing Co., Palo Alto, CA, 2000.

Your Child's Weight: Helping Without Harming by Elyn Satter, Kelcy Press, Madison, WI, 2005.

From the Extension Office:

What You Should Know About Lead and Children, SP421, by Janie Burney, University of Tennessee Extension, 2004

Selecting a Quality Child Care Center, SP455, by Matt Devereaux, University of Tennessee Extension, 2002.

Child Guidance Techniques, PB1161, by Denise J. Brandon and Clint E. Cummings, University of Tennessee Extension, 2007.

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