

RELATIONSHIP builders

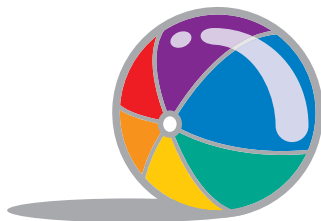


The Same Old Thing

The little routines you do every day can help your one year old grow! Think of the things you do each day that are the same, such as diapering and dressing your child. Each time, you remove his clothes or pajamas, take off the old diaper, clean his bottom, put on a new diaper, maybe give his tummy a kiss or tickle his feet, and put on his clothes for the day – over the head, arms in the sleeves, legs in the pants. Perhaps you walk or drive the same route to get to child care each day, or follow a pattern for meals or baths or bedtime. Whatever you think of, make a habit of telling your child about each part of the routine as you are doing it.

Now I tickle your tummy! And now I put your shirt on over your head. Then I kiss your head. Now I put your arms into your sleeves. Now I put your feet in your pants. Now I kiss your feet!

Showing your child that his life has routines that happen over and over helps him feel stable and secure in his world. It also helps his memory, and soon when you say and do one part of the routine, he'll remember and expect the next action and words to follow.



We're Sharing

Help your one year old learn the concept of sharing. Start with a snack you can eat together, like pieces of cereal. Give some to your child and have some for yourself. First offer a piece of your cereal to your child, asking **Would you like a piece of my cereal?** Give her a piece of your cereal, and then ask, **May I have a piece of your cereal, please?** See if your child will give you one of her snacks. Keep asking until she offers you one, or gently put one from her hand into yours. Give her lots of praise for sharing with you, **Thank you! You shared your snack with me!** See if your child will continue to share, asking, **May I have one more?** Once your child understands the idea of sharing, you might try this game with toys, for example several small toy cars, or blocks.

Learning to share will help your child learn to play and work cooperatively with others. This activity also helps your child learn the concepts of mine and yours.



Head to Toe

Sit or stand in front of a mirror with your child and say,
I'm going to tell you what I love about you!

Start with his head and touch or point to his hair or eyes or smile. Tell him what you love about his head,
I love the way you smile! Then show him something you love about his middle – arms or tummy, for example:

I love your strong arms.

**You are good at throwing
a ball with your arms!**

Then show him his legs or feet, and tell him something you love:

I love your toes!

**They are the perfect size
just for you!**

The idea is to show your child the body part and tell him something positive about himself.

With this activity you are teaching your child words for parts of his body, and also building his self-confidence that he is special and loved.



Following Directions

During this year, your child will begin to understand directions. Help him learn by starting with simple directions like, **Please put the wrapper in the garbage.** You may need to say your child's name, and repeat the direction so he understands you are giving him a direction. If he needs help, take his hand and walk him through the direction you are giving him. Help him pick up the wrapper, carry it to the garbage and drop it in. When he has completed the action, repeat what he did and praise him. **Good job, Andres! You put the wrapper in the garbage!** Think of what words your child knows. Does he know "shoes," "apple," or "ball?" Use these words in the directions you give him, **Please bring Mommy your shoes, Andres. Good job! You brought Mommy your shoes!** Once your child can follow a simple direction, try a two-part direction like, **Please bring me the ball and then sit down.** (This skill may not come until your child is closer to two years old, or older.)

Your child is building his memory and learning to follow directions.



Roll the Ball

This is an activity for two or more children. Have the children sit or stand across from each other, and take turns rolling or kicking the ball back and forth. At this age, it is natural for a child to want to keep the ball for himself or herself. Talk to your child about taking turns and sharing. Let him know that when he rolls the ball to the other child, he will get it back soon, and then can roll it again.

This activity helps your child learn about cooperation and taking turns.



My World

One day when you are together, carry a camera with you and take pictures of your child at the park, walking, playing with a favorite toy, reading, with brother and sister, with mommy or with daddy. Once the pictures are developed, glue them to sturdy paper and staple them together, or put them in a picture book. Look at each picture with your child and tell her what is happening in the picture.

**Look, here is Olivia
with mommy!**

**And here is Olivia
playing with blocks!**

Put the book in a place where your child can reach it and look at it by herself. Look at it together often, saying her name and describing the activity or other people in the pictures each time you read it.

Seeing pictures of herself and hearing her name often helps your child learn that she is a unique person, capable of doing lots of things and special to many people in her life.





What's in the Bag?

Take a bag that your child cannot see into, and fill it with four or five objects that feel different from each other. For example, a soft washcloth, an apple, a squishy ball, a spoon and a block. Help your child reach into the bag and pull out one item at a time.

For each item, talk with your child about what it is – its color, what it feels like, what it smells like, what it does. For example, if it's a washcloth, pretend to wipe your face and then your child's face with it. Or take the spoon and pretend to eat with it. If he wants to, let him put the items back into the bag and play again.

Playing a game together helps your child learn important social skills of watching, listening, and talking with another person.



What We Did Today

At night as you put your child to bed, talk with her about all the activities you did that day. Give as much detail as you can. If you spent a lot of time apart, try to learn a few things your child did that day so you can recount them together. Start with the morning:

This morning we woke up early and had some cereal with milk for breakfast. Grandma had coffee. Then, we got dressed for the day. You wore shorts and a t-shirt, and I wore pants and a shirt. We both wore shoes.

Continue this kind of “story-telling” for the day, ending with bedtime.

Now we are going to bed. You are in your green pajamas and have your favorite blanket. We did a lot today!

Talking about the events of the day lets your child know that what she did that day was important and you care about her activities. It is also a great way to build your child's language.



Floor Time

Set aside some time to play with your child on his level – this means close to the floor! You can spread out a blanket with some toys to play with together, and sit or lie down so that you are closer to your child's level than when you stand or sit "above" him. Or, get down on your hands and knees, and explore a room together. Ask:

What do you see in this room?

What do you like to play with here?

Follow him around the room "walking" on your knees or hands and knees. Observe his world and interact with your child at his level.

This activity helps you interact more closely with your child, face-to-face.



Playing Side by Side

Plan a time for your child to play with other children her age. At this age, your one year old will probably play mostly by herself, even if she is with other children.

Let the children play side by side, each in their own individual play. Be sure to have enough toys so that she can “share” with another child. Help her offer a toy to her playmate or ask permission if she wants to play with his toy. If the children want the same toy, or if a child does not want to share a toy, talk with the children about this. You can encourage your child to share, or you can explain to the other child that this is her special toy and that you brought a different toy to share.

Having play time with other children gives your one year old the opportunity to interact with her peers and to start learning the concepts of mine, yours, sharing, asking, and respecting each other's things.



Notes