

Developmental Journey 1-2 YEARS

Name: _____

Birth: _____

UNDERSTANDS
SIMPLE
INSTRUCTIONS

STARTS WALKING
WHEN HELPED
BY HOLDING ON
TO SOMEBODY'S
HAND

KNOWS AND
RESPONDS TO
OWN NAME

LOOKS FOR
HIDDEN OBJECTS
E.G. INSIDE A
CUPBOARD

STARTS USING
HIS/HER FIRST
3 WORDS E.G.
MAMMA, CAR,
DOG, BALL, DADA,
TATA

CAN STILL BE
VERY DEPENDENT
OR CLINGY
TO PARENT/
CAREGIVER

ENJOYS THE
COMPANY OF
OTHER CHILDREN
BUT PREFERS TO
PLAY ALONE

WALKS WITHOUT
HELP

CAN HOLD A
SMALL OBJECT IN
ONE HAND WHILE
PICKING UP
ANOTHER WITH
THE OTHER HAND

LIKES TO
SCRIBBLE AND
HOLDS PENCIL/
CRAYON IN A
GRASP POSITION

URNS PAGES OF
A CARDBOARD
BOOK

SQUAT TO
PICK UP TOY
AND STAND UP
AGAIN WITHOUT
FALLING

COPIES
ACTIVITIES
THAT HIS/HER
CAREGIVER DOES
E.G. COMB HAIR

CLIMBS ONTO
FURNITURE E.G.
BED/CHAIR

WILL GIVE A TOY
WHEN ASKED

POINTS TO AT
LEAST 3 BODY
PARTS (S)HE
KNOWS

TAKES OFF SOCKS
AND SHOES

STARTS RUNNING
BUT OFTEN FALLS

URNS THE PAGES
OF A BOOK-
(CARDBOARD
BOOKS WORK
WELL)

STARTS USING MORE
WORDS (20-50)
AT FIRST MAINLY AS
SINGLE WORDS THEN
START TO COMBINE
2 WORDS E.G. MAMA
COME

ABLE TO FEED
HIM/HERSELF
WITH HIS/HER
FINGERS/SPOON/
CUP

What can I do to help my child develop?

1-2 YEARS

Reading: Join the library

- Look at simple picture books/story books/ photo's together whilst toddler is interested. (They love photo's of other babies)
- Make a book with pictures of children's and babies faces.
- Talk about the child appropriate pictures on advert pamphlets/ in magazines.
- Point out the body parts on people in pictures. Say: look the boy has two arms. Where are your arms? Let your child also point out parts s(he) wants to know about.
- Say or make your own silly rhymes and songs.
- Look at cardboard books with single pictures on a page especially animals. Make the sounds as if you are reading the book. E.g. Hallo Cow. Moo.
- Use books with baby's 1st words in it to give them the opportunity to 'read' with you by pointing to a picture
- Substitute baby's name for names in books
- Try bringing the world into a book e.g. give him a leaf when you're 'reading' a tree, Hold an apple when looking at a picture of an apple.
- Play 'book-Where's he?' e.g. cover a picture in the book with your hands. Ask: 'where's it? where's it? and lift your hand and say: 'there it is!'
- Pass the books back and forth before you read, saying 'Thank you!'
- Say 'hello' book when you start reading it
- When you've finished reading the book- close it and say 'bye-bye'

Gross and Fine motor:

- Encourage your child to help when getting dressed/undressed
- Roll the ball forward and back
- Posting activities (taking objects in and out of a bucket)
- Put your child on the floor every day and allow the child to look, touch, feel, look at things around him/her
- Help your child to stand up and to move side ways whilst holding onto furniture. When your child can walk, encourage him/her to explore his world.** Caution

Toys/Books:

- Bubbles, Stacking cups/blocks, Musical instruments, Dolls, Cars, Plastic animals, Balls, Large crayons for scribbling
- Board books, Use books with baby's 1st words, lift-the-flap books, words with silly rhymes and animal sounds

Play in front of the Mirror

- Children recognize themselves in the mirror and loves playing with mirrors.
- Play together with the child in front of the mirror pointing to and naming his/her different body parts.
- Use short sentences
- Repeat what the child says. Imitate what (s)he does. Then add some words e.g. Foot. Baba's foot. Tickle Baba's foot!
- Give the child time to 'talk'. Don't do all the talking yourself. Wait until (s)he says something back.

Singing and dancing together

- Turn on the radio and dance with your child
- Children love it when you sing simple rhymes and songs to them
- Try to add simple actions/dance moves to represent the words of the song e.g. clap hands when you sing the words.

Playing with different textures

- Let your child play/touch different textures (things that feel different) e.g. sand, water, mud, leaves, plastic, fabric
- Name the objects the child is looking at and playing with
- Describe what (s)he does. Describe what the different textures feel like e.g. soft purple dress

Make a list of ALL the new words. By age 2 expect 20-50 words.

Playing during everyday activities

- Allow your child to 'help' in daily activities e.g. cooking, laundry, dish washing. Talk about what you are doing e.g. We wash the spoons.
- While hanging the washing put 1-10 pegs on your child's clothes and let them strengthen their fingers by pinching the pegs to remove them.
- Talk about the different types of clothes e.g. Hang your blue socks. 1 sock, 2 socks!
- Your child can help you put the clothes in and out of the washing basket

Your Child is an explorer at this stage. He is getting to know the world he's living in. Enjoy it with him!

**** Caution: Always make sure your baby is safe. Steer him away from danger and be close to him at all times.**

