



1-YEAR-OLD

Developmental GUIDE



ABCJesusLovesMe.com

Developmental Guide

Thinking about what's normal for your toddler's development?

I remember so well watching my precious 1-year-olds and wondering:

- Should my son be walking?
- At what age will my daughter understand the word “no”?
- Is my child developmentally delayed? Advanced?



I was deeply committed to helping my four children in their appropriate development and ensuring I didn't interfere in areas where they could thrive independently. My goal was to nurture independent, imaginative children who possessed a solid foundation in academic skills, Bible understanding, obedience, and character education.

Understanding your child's developmental milestones is crucial for providing the right support in learning and play during these formative years. The following checklist offers insight into expected childhood development in these areas: physical, play, cognitive, language, social, and emotional.

You'll also discover a “Be Watchful For...” section, highlighting areas of development that may require professional guidance. By regularly referring to this checklist, you'll gain valuable insights into your child's development and be empowered to provide meaningful experiences that support their growth.

Desire more assistance? I invite you to explore the free or purchasable ABCJesusLovesMe 1 Year Curriculum, which provides weekly learning activities to include in your child's play.



I'm excited to join you on this journey as you confidently lead your child through the foundational years.

--heidi

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1 Year Developmental Guide

Physical

- ☐ walks by 18 months
- ☐ runs
- ☐ stops, squats, then stands
- ☐ sits on small stool or chair
- ☐ climbs stairs while holding on
- ☐ dances to music
- ☐ plays with push and pull toys
- ☐ throws overhand
- ☐ kicks a ball



Play

- ☐ play games like pat-a-cake
- ☐ bangs objects together
- ☐ parallel play
- ☐ puts 2-3 piece puzzles together
- ☐ increasing make-believe play
- ☐ plays with more than one toy at a time
- ☐ places items in and out of container
- ☐ look for items hid, like toy under a blanket
- ☐ hands book to adult when wants to hear a story



Social & Emotional

- ☐ cries when parent leaves
- ☐ shy around strangers
- ☐ has favorite toys
- ☐ copies movement and gestures
- ☐ follows simple directions
- ☐ recognizes own face in mirror
- ☐ can point to body parts when asked
- ☐ understanding cause-and-effect
- ☐ points for help
- ☐ begins to say "no" to commands or needs
- ☐ may have temper tantrums
- ☐ blanket or stuffed animal for security object
- ☐ may be clinging to parents
- ☐ notices where others are hurt or upset



Learning

- ☐ looks at correct object when names
- ☐ scribbles, imitate drawing line or circle
- ☐ loves looking at books with adult
- ☐ turns pages of board books



Personal Care

- ☐ drink from cups without lid, while held
- ☐ pick up items between thumb and pointer finger
- ☐ holds out arm or leg to help get dressed
- ☐ eats greater variety of foods
- ☐ eating on own
- ☐ self feeds with spoon
- ☐ helps with dressing and undressing



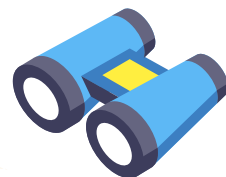
Language

- ☐ wave "bye-bye"
- ☐ call parent "mama" or "dada"
- ☐ understand "no"
- ☐ repeats sounds to get attention
- ☐ babbles like speech
- ☐ responds to simple requests given
- ☐ tries to repeat words
- ☐ imitates animal sounds
- ☐ simple phrases or 2-word sentences
- ☐ 100 or more words by 2 years
- ☐ responds to name



Be Watchful for...

- ☐ isn't crawling
- ☐ won't search for hidden objects
- ☐ can't stand without support
- ☐ doesn't point
- ☐ doesn't say simple words
- ☐ loses skills once had



Visit ABCJesusLovesMe.com for a free academic and Bible Curriculum for 1-year-olds.