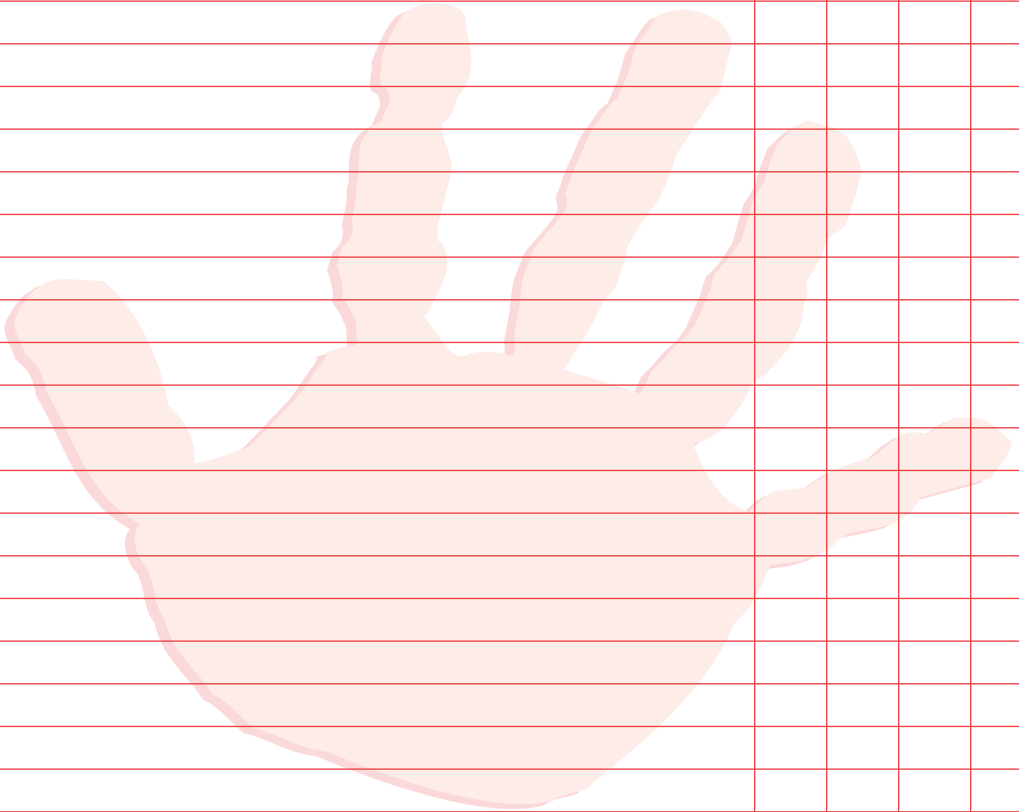




Watch Me Grow Series Developmental Checklist

Share My Discovery As I:

	Attempts	Practicing	Accomplished	Mastered
Aim, roll and throw a ball.				
Understand words-follow simple instructions.				
Point to body parts.				
Match some toys.				
Zip and unzip easy zippers.				
Feel frustrated easily.				
Use my own name.				
Listen to short stories.				
Unwrap packages.				
Match animals to their sounds.				
Try to comfort others.				
Show many emotions.				
Peel a banana.				
Do simple puzzles.				
String large beads.				
Work a "cause/effect" toy.				
Push a riding toy.				
Pull a pull toy.				
Wash my face.				
Fit containers together.				
Begin to problem solve.				
Carry out a two step direction.				



✓ Reality Check: Parenting Myths vs. Parenting Reality

Myth: I will make my child happy by letting him or her do what he/she wants to do.

Reality: Children need freedom if they are going to learn to make responsible decisions. Providing the opportunities for children to make their own choices encourages independence and eases frustration. Children have a natural urge to want to control some aspects of their lives which directly affects them. However, unlimited freedom to do “whatever” with no limits provided, can lead to discipline problems and low self-esteem in children.

To stop inappropriate behavior and increase self-esteem, parents must encourage acceptable behavior, self discipline and self responsibility in their children. These goals can be accomplished by allowing your child freedom of choice within limits that are appropriate for your child’s age and ability.

Limits need to be clear, consistent and positive. State what the child can do, not what the child cannot do. If there is a difference of opinion between parents on which limits should be set, those differences need to be discussed, examined and clarified before presenting them to your child.

Some successful limit setting techniques include: a calm, firm attitude; a positive belief in one’s parenting skills; realistic parental expectations; understanding of a child’s stages of development; sensitivity to the child’s need for control; and clear, consistent limits with follow-through. Keep in mind that children develop differently and some limit setting techniques may work better than others.

Activity Center

Talking/praise
Nursery rhymes
Dress-up clothes
Sand/water toys
Simple books
Large beads to string
Pictures of self and family
Crayons/chalk
Stuffed toys

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