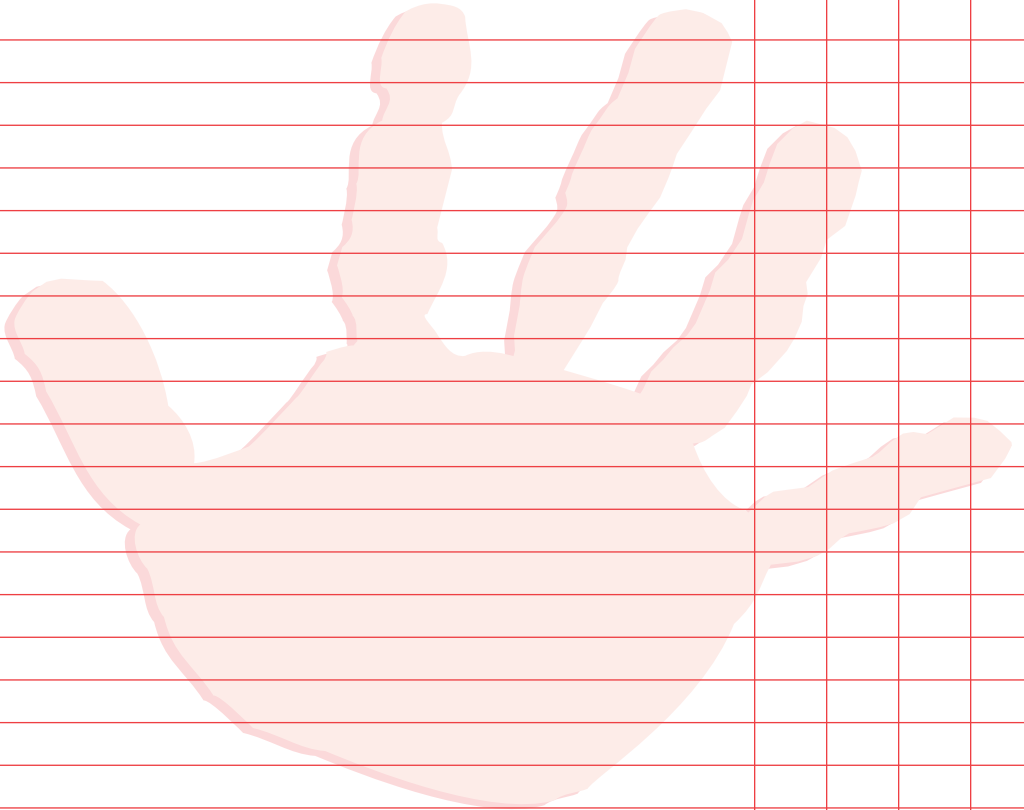




Watch Me Grow Series Developmental Checklist

Share My Discovery As I:

	Attempts	Practicing	Accomplished	Mastered
Explore and experiment with the objects around me.				
Look for objects that are taken away.				
Explore containers; placing items in and taking out.				
Fit one thing into another.				
Initiate social interaction.				
Become uneasy around strangers.				
Want to be near you at all times.				
Show you when I need help.				
Play simple games.				
Demonstrate affection.				
Understand familiar words like no.				
Show pride in accomplishments.				
Wave bye-bye.				
Cruise.				
Lower myself to a sitting position.				
Walk with assistance.				
Stand alone.				
Walk alone.				
Climb stairs.				
Throw or roll a ball.				
Push or shove large objects.				
Crawl over or around objects.				
Attempt to scribble.				
Shake head to indicate 'no'.				



✓ Reality Check: Parenting Myths vs. Parenting Reality

Myth: He/she is “just a baby.”

Reality: This phase of a child's life is the transition to toddlerhood. A time of independence, tantrums and independency. As you watch your child take those first steps, you somehow know your world will never be the same. This is the time a toddler will practice independency and separation from the parent. This time can be frustrating to both you and your toddler.

Children of this age will insist on doing a certain skill, only to become frustrated when their abilities are limited to accomplish the skill.

Parental patience is very important at this age. Toddlers need to be allowed the time to “try it myself;” this can be a real challenge to a parent's busy life. It is important to a toddler's learning process and self-esteem development to practice at mastering simple self help skills of dressing, feeding and brushing hair. “Toddler friendly” clothes with wide sleeves, wide necks, big armholes, velcro fasteners and easy zippers help alleviate frustration.

Respecting your toddler and being sensitive to his/her need to control some aspects of his/her life also reduces conflict. Provide opportunities for your child to make their own simple choices, such as, “Do you want milk or apple juice to drink?” However, don't give too many choices as this will confuse and frustrate any toddler. A choice between two things such as an outfit, a breakfast cereal or a drink is very appropriate for a toddler.

Conflict is inevitable when living with a toddler. Toddlers are concerned only with themselves and their world. They have no concept of later, they want things now. Routines at mealtimes, bedtime and bathtime are helpful to a toddler's schedule. Routines provide a toddler with a stable, predictable and constant world during a time filled with emotional stress and change.



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