

THE ONE YEAR OLD

Sleeping and Waking

The one-year-old should go to bed at regular times in his own bed. Keep bedtime happy, try to avoid scolding near bedtime, and never put the child to bed as a punishment. Young children go to sleep more easily if the hour before bedtime is quiet and peaceful, avoid rough and tumble play at this time of day. The one-year-old usually sleeps 12 hours a night and is an early waker. Naps should be flexible, the child may need more rest one day and less the next.

Bathing, Dressing, and Toilet Training

The one-year-old likes his bath, but don't get soap in his eyes. Give him safe, floating toys to play with while you bathe him, but never leave him alone in the tub. The one-year-old begins to try to dress himself, encourage him by providing clothes that are easy to put on and take off. Except for special occasions, his clothes should be simple and sturdy and require little care. It is best not to start bowel training before the child is 18 to 24 months old. Bladder training usually comes later. Avoid waterproof pants if the child has diaper rash. The child at this age may take an interest in his bowel movement and want to play with it. Let him know you don't want him to do this, but don't scold him for his interest.

Eating

The child grows more slowly in his second year and may need less food. His appetite varies, especially if he is teething. Don't try to force him to eat more than he wants. Serve small portions of food and very small portions of new foods. The one-year-old may refuse to eat unless he can feed himself, but he may get tired and have to be fed. Let him use his fingers when he wants to, but give him a spoon, too. He may still want a bottle, especially at bedtime, but encourage him to drink from a small cup. Small, wholesome midmorning and mid-afternoon snacks are a good idea. Provide a balanced diet of nourishing foods.

Creeping, Climbing and Walking

The one-year-old wants to creep and climb and he likes to practice walking with his hand held between 10 and 15 months. The one-year-old needs exercise and he needs the chance to explore. Don't keep him in a playpen or playchair more than necessary or for long periods of time. Remove from the child's reach all articles and substances that are dangerous and all breakables. Cover electric outlets, put gates across doorways and stairs, and keep him away from open windows. Watch the child at all times when he is roaming about and never leave him unattended in or near water.

Play and People

The one-year-old likes boxes that fit inside each other, large pegs that fit into holes, pots and pans and wooden spoons, old handbags he can put things in and carry. He likes games such as peek-a-boo, hiding and being chased. He loves to be outside, but he should never be left where you can't watch him at all times. They like to be near other children, but is generally not ready to play with them, nor to share. The one-year-old may be shy with strangers. Don't shame him for this, and don't try to force him to be friendly. Sexual curiosity among young children is normal. Children at this age often explore and play with their genitals. Never punish or shame young children for their sex-related interest and behaviors.

Independence, Discipline, and Guidance

The one-year-old is starting to show his independence, but he doesn't really know right from wrong. No matter how he behaves, always remember your goals. You want your child to be active, independent, curious, self-respecting and able to love and enjoy others. Always try to avoid punishment. With a one-year-old, this often means nothing more than getting him interested in another activity so that he won't continue to do whatever it is you don't want him to do. Provide as much freedom as possible and a minimum of guidance. Let the child know what you expect of him, be consistent, and show your pleasure when he behaves the way you want him to. Remember that your child loves you and wants to please you, and that it is love, not punishment, that will keep him trying to do right as he grows older.