

Ages & Stages for Caregivers

9-12 months

By the time babies reach 9 months old, they have a distinct personality, are moving around their environment more, and display many different emotions. In short, they have become more challenging and more fun to interact with! This *Ages and Stages for Caregivers* will give you a snapshot view of what to expect from babies this age and what you can do to support their development.

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SIGNS OF DEVELOPMENT —by 12 months

(individual development varies)

Developing Body

- Weighs 17-27 pounds
- Measures 27-32 inches long
- Sleeps 11-13 hours at night
- Can eat meat, eggs, and cheese
- Stands alone
- Walks but may still prefer crawling
- Climbs
- Can remove lids from containers
- Drinks from a cup
- May prefer one hand over the other

Developing Mind

- Can group objects that are alike
- Curious about small openings, objects that turn, switches, etc.
- Can identify many items by name, including body parts, people, toys, animals, etc.
- Can solve problems through trial and error
- Has an increasingly long memory
- Imitates action seen at another time or in another place

Developing Communication

- Can follow your line of vision and looks at what you are looking at
- Follows conversational turn-taking when interacting with others
- Uses gestures, eye contact, and sounds to direct your behavior
- May begin saying first words, experimenting with word sounds

Developing Self

- Has strong attachment to primary caregivers
- Has developed fears of strangers, separation from parents, unfamiliar objects and places
- Shows preferences for people, toys, activities, food, etc.
- Can understand the emotions of others

HOW YOU CAN HELP

Encourage baby's muscle development.

Provide safe, sturdy objects that he can climb on, crawl over, pull himself up by, and walk while holding onto.

This will also:

- Help him gain an awareness of his own body in relation to his environment.
- Help develop balance and coordination.

Build on baby's curiosity and drive to understand his world.

Make a book of photos of objects and people that he is familiar with; group them into categories (toys, friends, furniture, family, etc.).

This will also:

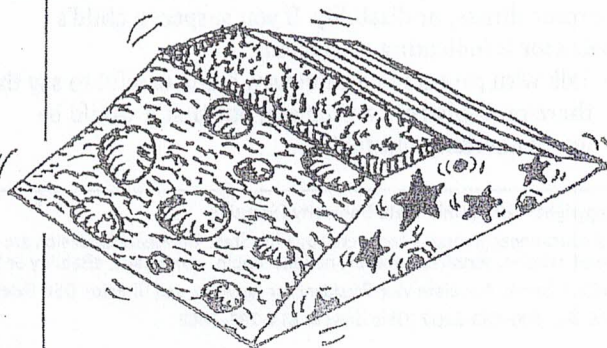
- Build his vocabulary and encourage speaking.
- Give him a sense of ownership and help develop his sense of identity.

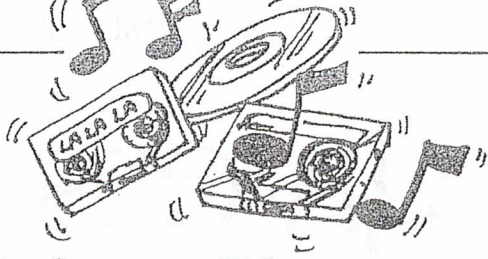
Stimulate relationships with others.

Encourage older children to play simple games of hide-and-seek, peek-a-boo, silly faces, or chase with baby.

This will also:

- Encourage communication skills with other children.
- Strengthen coordination and muscle strength.





A Great Place to Grow

Toys and Materials

- Secure furniture for baby to pull himself up by and to cruise around
- Toys that he can pull apart and put back together
- Music tapes/CDs for him to “dance” to

Safety Tips

Baby walkers are responsible for more injuries than any other nursery product. If you do choose to use a walker with babies in your care, use extreme caution and follow these guidelines:

- Secure gates and doors leading to steps
- Keep child within view
- Keep child away from hot surfaces or containers
- Beware of dangling appliance cords
- Keep child away from toilets, pools, and other sources of standing water.

Consumer Product Safety Commission

HELP!

I have a 9-month-old who has been in my program for five months. She seemed to adjust very well when she started and things have been great. Just recently, she's started to put up a real fuss in the morning when mom drops her off. Why is she doing this now when she hadn't before?

Believe it or not, this baby is acting quite normally, given her age—her behavior is called “separation anxiety” and babies in all cultures begin to show it around this age. It makes sense if you think about concepts that she understands now that she didn't when she was younger: when Mom goes away, she still exists somewhere—just not here; her own behavior can affect Mom's behavior; and, even though she has a warm, secure relationship with you, you are not Mom.

Considering that her distress reflects healthy development, it's not behavior that you are likely to eliminate all together, or even want to. But there are ways to keep it to a minimum. Work with Mom to develop a relatively short, consistent routine for drop off time. Accept the baby from Mom with soothing, comforting words and actions. She may find comfort in holding a blanket or sleepy toy from home. While she's cuddling with you, introduce a favorite book or toy to help refocus her attention.

Working with Parents

Parents can certainly use your help when dealing with a baby going through separation anxiety. They may have conflicting emotions: they feel good that their child wants to be with them, but they also feel guilty that they have to leave them crying. Encourage them to develop a routine that they stick to, no matter what. A warm hug and kiss, then the hand off to you with a promise that they will be back later, and a final goodbye is all that's needed. For

parents who feel as though they need to stay until baby has stopped crying, reassure them that the crying will stop soon after they leave. Other parents may try leaving without letting the baby know, thinking that it will be easier on everyone. Unfortunately, it only heightens baby's fear and confusion and actually worsens the problem. For the sake of parents and baby, be patient, understanding, reassuring, and calm through this phase of development.

What to do if you are concerned about a child's development

Child care providers are often in a position to be the first to notice when a young child has a developmental delay, chronic illness, or disability. If you suspect a child's behavior is indicating a problem:

- Talk with parents in a calm way, being careful to say that there probably isn't a problem, but that it would be worth checking out further.

- Work **with** parents, comparing what you have seen in child care with what they have seen at home and talking together about what to do next.
- Suggest resources, community professionals, articles to read, etc.
- Be a compassionate listener; hearing that there may be something wrong with your baby is very tough.

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Keith L. Smith, Associate Vice President for Ag. Adm. and Director, OSU Extension

TDD No. 800-589-8292 (Ohio only) or 614-292-1868

Reference: Berk, L. (2000). *Child Development* (5th ed.). Needham Heights, MA: Allyn & Bacon.

Ages & Stages for Caregivers

12-18 months

By one year of age, babies are beginning to develop into their own being. They provide great joy for their parents and providers. This *Ages and Stages for Caregivers* will help you understand what to expect of babies this age and how you can best nurture them to meet their needs at this exciting time of growth.

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SIGNS OF DEVELOPMENT —by 18 months

(individual development varies)

Developing Body

- Weighs 17-30 pounds
- Measures 27-35 inches long
- Stands alone and is able to sit down
- Carries small objects while walking
- Waves bye-bye and claps hands
- Walks without help

Developing Mind

- Takes things apart
- Identifies objects in a book
- Enjoys playing peek-a-boo
- Begins to understand and follow simple directions

Developing Communication

- Says hi or bye if encouraged
- Points or uses single words
- Looks at person talking to him
- "Talks" by pointing or gesturing towards things

Developing Self

- Recognizes self in pictures
- Loves being read to by others
- Plays with toys alone
- Gets upset when parents leave
- Likes looking in the mirror and making faces

HOW YOU CAN HELP

Encourage toddler's physical development.

Get down on the floor with the child and interact. Roll with him, crawl with him, and pass the ball back and forth.

This will also:

- Assist in the development of the child's large and small motor skills.

Build on toddler's curiosity and drive to understand his world.

Play peek-a-boo with the child.

This will also:

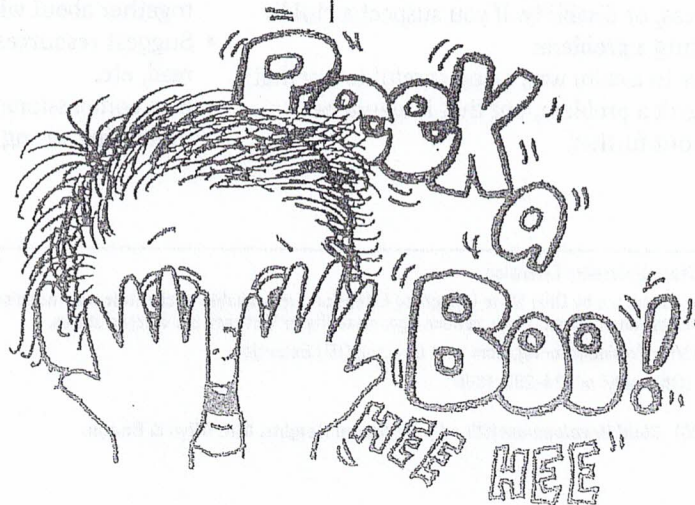
- Help in the development of the child's understanding of cause and effect. He will learn that when he covers his eyes and you are gone temporarily, you will still be there when he returns. This will encourage the child's trust in you.

Stimulate his language development.

Talk to the toddler and allow him to talk back to you. Point to things you see and use every day. He will repeat the word in his own language, and you can say it again correctly.

This will also:

- Encourage cooperation as he learns give and take by talking with you.





A Great Place to Grow

Toys and Materials

- Everyday toys from around the house that will help develop his curiosity such as plastic tubs, socks, lunch box, wooden spoons

Safety Tips

- Child proof your home again, looking at the toddler's eye level.
- Put toxic items like paint, detergent, medicine, and makeup in high cupboards.
- Use safety latches on all cupboards holding toxic, dangerous, or breakable materials.

HELP!

I have one child who never shares. It is always a big mess when another child wants to play with a toy she has. What can I do?

It is very common for toddlers to not want to share. You can help by teaching the children how to react when another child will not share with them. Here are some things you can try teaching the children:

- Say "it was mine" and ask for it back.
- Use your words and tell the other child (rather than hitting or grabbing).
- Tell the other child you don't like it when they don't share.
- Often, redirecting the child to another toy or activity will also solve the crisis.

Working with Parents

Depending on how long a child is at your house, you may feed a child more meals than the parents. During this age, children's appetites often decrease and change rapidly. As the provider, you need to communicate with parents the changes you see in a child's eating habits as well as what you are doing to keep the child nourished. Offer a variety

of choices to the child, making sure to include old favorites as well as new foods. Often a child will eat the same food for several meals in a row, then not want the food for several days. While it may be difficult, try to provide a variety of foods so many different nutrients are available for the child.

What to do if you are concerned about a child's development

Child care providers are often in a position to be the first to notice when a young child has a developmental delay, chronic illness, or disability. If you suspect a child's behavior is indicating a problem:

- Talk with parents in a calm way, being careful to say that there probably isn't a problem, but that it would be worth checking out further.

- Work with parents, comparing what you have seen in child care with what they have seen at home and talking together about what to do next.
- Suggest resources, community professionals, articles to read, etc.
- Be a compassionate listener; hearing that there may be something wrong with your baby is very tough.

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Ages & Stages for Caregivers

18-24 months

This age child is on the go all the time. The child is becoming independent through walking, running, and climbing. This *Ages and Stages for Caregivers* will help you understand what to expect of toddlers this age and how you can best nurture them to meet their needs at this exciting time of growth.

SIGNS OF DEVELOPMENT —by 24 months

(individual development varies)

Developing Body

- Weighs 20-32 pounds
- Measures 30-37 inches long
- Walks well
- Eats with a spoon
- Drinks from a straw
- Washes hands with help
- Rolls a large ball
- Picks up toys without falling over

Developing Mind

- Shows preference between toys
- Knows 200-300 words
- Points to eyes, ears, and nose when asked
- Is able to listen to short stories

Developing Communication

- Uses 2-3 word sentences
- Tries to sing
- Says please and thank you when prompted

Developing Self

- Imitates others
- Is learning to say “no”
- Has difficulty sharing toys
- Uses “me” and “mine” frequently
- Enjoys attention from adults

HOW YOU CAN HELP

Encourage toddler's physical development.

Take a walk through the neighborhood, being sure to notice all the colors, sounds, and smells.

This will also:

- Allow you to teach the child about colors, shapes, and textures by exploring the things you find on the walk.

Build on toddler's curiosity and drive to understand his world.

Provide a box for imaginative play. Be sure to include costumes, hats, shoes, jewelry, and other items that will encourage a child to be creative. Don't forget to put a mirror on the wall so the little ones can see themselves all dressed up.

This will also:

- Encourage the children to play together and share in their adventures together.

Stimulate his language development.

Do fingerplays with the children and “sing” stories to the tune of a familiar song.

This will also:

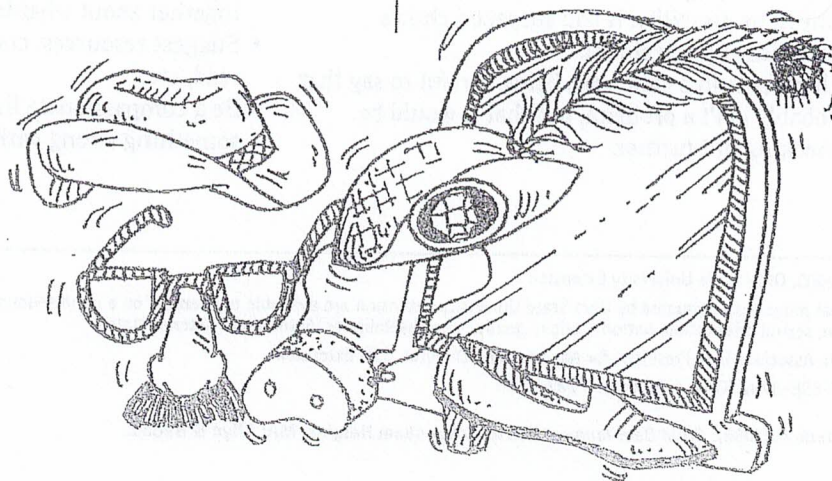
- Help the child learn words and develop language skills while doing a fun activity.

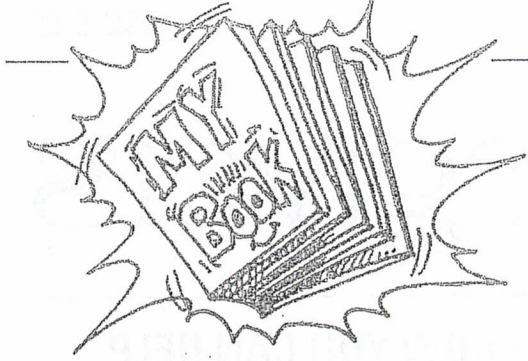
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A Great Place to Grow

Toys and Materials

- Books, books, and books! Board or cloth books are very sturdy for this age child who is learning to love reading.
- Make your own book with familiar pictures placed in resealable bags.

Safety Tips

- Older toddlers have developed some body strength and are able to break some toys a little more easily. Check toys often for missing pieces and broken parts.

Working with Parents

As the caregiver, you are around children all day long and are very aware of their love of fun. But parents who spend the majority of their time at work sometimes need a little encouragement to be silly. Show your parents the

silly and fun things you do with their child. Singing, dancing, painting, dressing up, and talking back and forth are just a few simple ways parents can interact with their child and continue the fun from your house to their house.

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HELP!

My best behaved child decided yesterday to bite another child, then he bit me. What happened?

Biting, unfortunately, does not have a scientific cause. You will need to think about the situation as you try to figure out the cause. First, the child may be teething and it just felt good to relieve the pressure in his mouth. Children this age cannot communicate clearly so he may have been trying to tell you something. He might have wanted some attention and knew from watching that biting was a great way to get your attention. Children also learn by watching and he may have seen another child bite. So, analyze the situation, decide on the cause, and try to confront the real issue.

Ages & Stages for Caregivers

2 years

Two-year-olds have discovered the ability to express themselves. They are very emotional and can change from laughter to sadness in a few moments. *This Ages and Stages for Caregivers* will help you understand what to expect of children this age and how you can best nurture them to meet their needs at this exciting time of growth.

SIGNS OF DEVELOPMENT —2 years

(individual development varies)

Developing Body

- Weighs 22-38 pounds
- Measures 32-40 inches tall
- Has almost a full set of teeth
- Turns pages while "reading"
- Walks backwards
- Likes to push, pull, fill, and dump

Developing Mind

- Enjoys stories, songs, and rhymes
- Wants to learn how to use things
- Likes to look at books

Developing Communication

- Uses 2-3 word sentences
- Repeats words others say
- Says names of items when asked

Developing Self

- Plays alongside others
- Imitates parents and providers
- Frustrates easily
- Offers toys to others, but really wants to keep toys for self
- Begins dressing self

HOW YOU CAN HELP

Encourage toddler's physical development.

Allow room for exploring by providing boxes, small steps, push and pull toys, and ride-on or ride-in toys.

This will also:

- Provide a safe, comfortable area for physical development for the growing toddler.

Build on toddler's curiosity and drive to understand his world.

Provide ways for the children to fill and dump, collect and gather, hide and seek.

This will also:

- Help the child learn about cause and effect and why one thing can cause another thing to happen.

Stimulate his development.

Provide a time for the toddlers to enjoy messy play and learn from mixing, pouring, sifting, and shaping.

This will also:

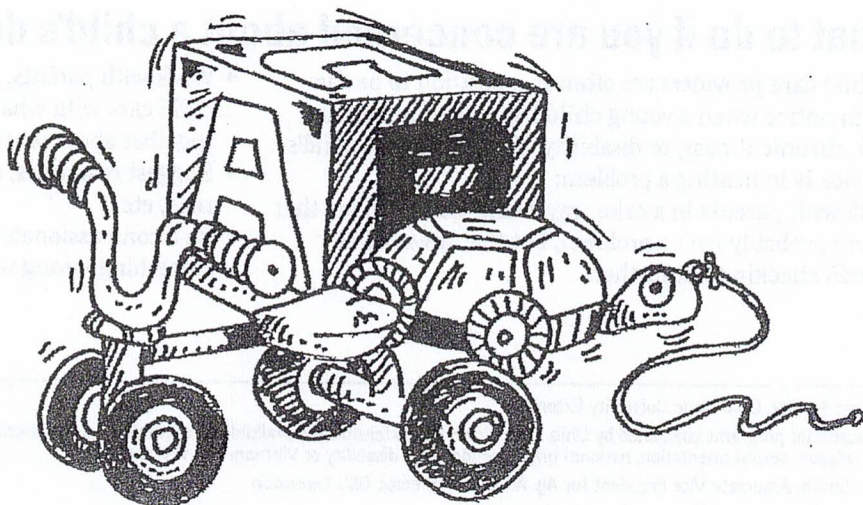
- Allow the toddler to become very aware of his senses.

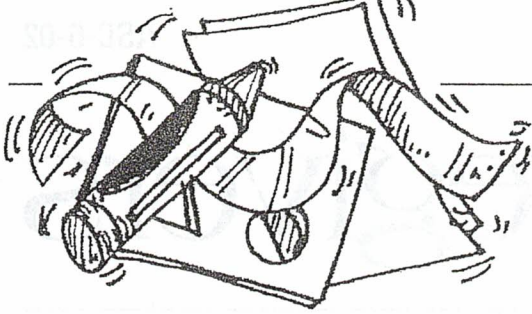
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A Great Place to Grow

Toys and Materials

- Toddlers love art supplies: plain paper, leftover flyers, grocery sacks, ribbon, crayons, paint, glue

Safety Tips

- Make sure door latches are high enough. You may need to install a lock at the top of the door.
- Make sure window screens are secure and teach children to stay off window ledges.
- Check to make sure booster chairs are securely fastened. As toddlers wiggle, they often loosen the buckles holding them onto a chair.

Working with Parents

Be sure to save a the child's artwork so parents can see what their pride and joy is doing at your house. While sometimes the paperwork will seem like nothing, it is fun for parents to see the progress their child is making as they develop small motor skills. You can also show parents

what their child is capable of doing and how to do some simple activities. Invite the parents to help their child with an art activity while the child is still at your house. Often parents are afraid of the mess an activity might cause.

What to do if you are concerned about a child's development

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HELP!

I have a two-year-old who I think is ready to potty train. Is she too young?

Every child potty trains at a different age. Their bodies mature differently and the environment around them is different. It is possible that a child is ready to train by age two, especially girls. There are several things you can observe, and then try training if you think she is ready. Is she interested in the potty and what others are doing there? Does she stay dry for long periods of time? Does she have any idea when she is urinating in her diaper? Does a wet or dirty diaper make her uncomfortable? One more important question to consider is are her parents interested in reinforcing the training process at home? If she appears to be ready and the parents are ready to partner with you, then give it a try. If the child doesn't seem interested after a few days of trying, forget about it for awhile and try again later. Often it takes several attempts before a child is ready to potty train.