

# What's It Like to Be One Year Old?

*I trust people I know well.*

*I imitate people, even if they are not around.*

## How I Grow

- I may walk, but still prefer to crawl—it's faster!
- I may also try to do other things while I'm walking, like wave to you or pick up my favorite blanket.
- I stand by pushing up from a squatting position.
- I climb up and down stairs, if I have the chance.
- I may even be able to climb out of a playpen or crib.
- I use my hands to remove lids from jars.
- I hold things with one hand while I'm doing something else with the other hand.
- I use my index finger to point to things.
- I try to dress or undress myself, but I'm not very good at it yet.
- I insist on feeding myself.

## How I Talk

- I repeat words that I know—it's good practice.
- I babble away in phrases that sound like short sentences.
- I make up my own words to describe objects or people.

## How I Respond

- I trust people I know well.
- I imitate people, even if they are not around.
- I am still afraid of strangers and unfamiliar places.
- I am very definite about my likes and dislikes.



## How I Understand

- I remember more because my memory is getting sharper.
- I hunt for a toy, and even if I don't find it right away I can remember where I saw it last.
- When I try to do something, I keep on trying and may even solve a problem through trial and error.
- I follow simple directions and understand most things you say to me.
- I have favorites among people and toys.

## How I Feel

- I feel great that I have a personality all my own.
- I'm developing a sense of humor and think a lot of things are funny.
- I still don't like being separated from you, and am relieved when you return.
- I feel secure and happy eating meals with my family.
- I feel and show love and affection to my favorite people and things.

*I still don't like being separated from you, and am relieved when you return.*

