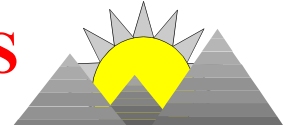


GREAT BEGINNINGS

A Series for Parents of Young Children



15 MONTHS

Your Child Is Curious About Everything

Help your child explore her world. Fifteen-month-olds are on the move. They are crawling, scooting, and walking. How exciting it is for them! Their world is full of new things to touch, throw, climb on, fall from, and knock down.

Parents of toddlers need a lot of energy. Your quiet, cuddly baby has become a lively little person and that means you have to be lively too. That can be fun, but it can make you tired, anxious, and angry.

Playpens limit learning. Playpens are okay when you need to rest or to calm down, but keep playpen times brief. Enjoy your child's exploring and help her discover new things safely. She needs to learn about her surroundings so she can feel good about herself and her world.

Toddler Talk: I'm Learning About Movement

Help me discover how things move. If I like dropping something from my high chair, give me a paper napkin to drop and let me watch how the air moves it.

Bounce! Give me a sponge or tennis ball to throw. I like to hear the sounds things make when they hit the floor.

Splat! Tell me the names of things and what they do. Roll, bounce, splat! I will soon find out that things that go splat get your attention!

Keeping time to music. Bounce me gently on your knee or lap or clap with me in time to music. I like the movement and the music.

Crawling, standing, sitting, walking. Let me have space indoors and outdoors to practice crawling and walking. I am going to be running by the end of the year. Right now, let me practice crawling, standing, sitting and walking on my own.

Research Brief: Reasoning Discipline Is Better than Power Discipline

Dr. Alice Sterling Honig studies what parents do to help their children be obedient and cooperative. Her studies show that parents usually control and guide toddlers in one of two ways: with power control or with reasoning.

Power control. Power control includes physical punishment, use of force, and taking away objects or privileges. It also includes withholding affection or refusing to speak to the child.

Reasoning control. Reasoning control means explaining in simple ways that the child can understand why he should behave in certain ways. Reasoning is pointing out that the forbidden actions could hurt or harm others.

If your child throws sand at other children, power control might be yelling at her or hitting her. Reasoning control might be telling her that throwing sand could hurt other children and she must stop.

Reasoning control helps parents and children. Dr. Honig has shown that parents who use reasoning control are better able to control their children's behavior. Reasoning control also helps a child learn to be cooperative.

What's It Like to Be 15-Months-Old?

How I Grow

- I like to climb on things and I usually like to do it alone.
- I can climb upstairs on my hands and knees.
- I can climb on chairs, sofas, and tables.
- I can climb out of cribs, high chairs, and strollers.
- I'm always on the go; I can walk pretty well; I can run a little.

How I Talk

- I can say three or four simple words besides "mama" and "dada."
- When you ask me to, I can point to my shoes or parts of my clothing.
- I can let you know what I want by the way I talk or point.
- I can follow simple requests like "give me the ball."
- I can point to pictures you name, if the things in the pictures are familiar to me.

What I Have Learned

- I like to feel different kinds of things—smooth, rough, soft. I like soft things and smooth things, but I may not like things that stick to my fingers.
- I can throw a small ball, but I usually throw it crooked.

How I Get Along with Others

- I mostly want my own way; I don't cooperate much.
- I like lots of attention.
- I am easily entertained.
- I can tell when someone I know is absent.
- I can recognize myself in a mirror or photograph.

What I Can Do for Myself

- I like to do things for myself but I don't do them very well.

Play I Enjoy

- I like to turn switches on and off.
- I like to throw things, push things, and pound on things.
- I like to spin wheels.
- I like playing with spoons, cups and boxes.

children are permanently disabled due to injuries than all diseases combined.

Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. Look for your child's growth in each area. Encourage each new ability. If you are concerned about your child's development, talk with your doctor.

Watch Out: These Are the Accident Years

Accidents are the greatest threat to the life and health of your child. More children die and more Children do not know how to protect themselves. As a parent you worry about the illnesses your child may get and you take special care to protect him. You must take the same care to protect him from accidents. Your child cannot protect himself.

Watch your child at all times. Young children are growing and developing all the time. Their ability to

do things changes suddenly. In no time at all, he can reach for a hot cup of coffee in your hands and get burned. Often accidents happen because parents are not aware of what their children can do suddenly.

Prevent accidents. Here are some ways you can prevent accidents:

- Protect your child from falls with stairway gates and window guards.
- Don't leave chairs near open windows or cabinets.
- Cover electrical outlets.
- Keep your child away from hot stoves and heaters.
- Avoid scalds by turning the water heater down to 120 degrees to 130 degrees Fahrenheit.
- Lock doors that lead to dangerous areas.

- Keep dangerous substances locked up or safety capped.

Be Good to Yourself: Know When You're Really Stressed Out

We all feel like the world is closing in sometimes. You may feel like you have too much to do, not enough time, not enough money, nobody to help out. If you feel that way sometimes, you're not alone.

Stress signals. When stress gets too heavy, you might have headaches or trouble sleeping. You may feel angry all the time, even when nothing's happening. Stress can do real harm to your health and your relationships with your family, children and friends.

Stress is normal. You can learn to recognize the signs of stress in your own body. You may feel your muscles get tight, your hands might begin to sweat, or your breathing might get heavy and fast. Ulcers, migraine headaches, asthma, and high blood pressure can come from stress.

Find help for too much stress. What can you do about it? First, remember that it's normal to feel stress sometimes. Talk to others about how you feel.

Learn what other people do when they get “stressed out.”

Try different ideas for coping with stress, such as self-help groups, parent stress hotlines, exercise and time out for yourself. You can be in charge of your own stress—find out what works for YOU.

Homemade Toys that Teach: Touch Treasure Box

This toy helps toddlers learn about the different ways that things feel. They learn how to tell one feel from another. The toys also gives them a chance to collect and learn about the shapes, colors and sizes of different objects and materials.

Materials

- Small cardboard box, like a shoe box
- Crayon
- Small touch treasures collected by child
- Glue (check the bottle to be sure it says nontoxic and child-safe)

Making the Toy

Print your child's name with the crayon on top of the treasure box. With your toddler's help, glue small objects of different textures and shapes inside the box.

You can include pieces of sandpaper, scraps of wool, fur, sticks, small toys, shiny lids, rocks and so forth. Make sure these things are not sharp or dangerous and make sure they're not small enough to choke your child.

Playing

Your toddler will enjoy just looking at and touching the things in her treasure box. Encourage her to tell you about the objects.

Talk about the objects. You can tell her which ones are hard or soft, which are big or little, which are round or square. You and your toddler can take turns about the objects.

Make special treasure boxes. You might want to separate treasure boxes for special kinds of things. For example, a box of all round things or things that are all hard, all furry or all shiny. You can take walks to collect natural things like leaves, cones, and flowers for an outdoor treasure box. You can make a treasure box of things from a special occasion, trip or a person.

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