



Pediatric Development
Center

Newsletter
January
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We provide occupational therapy evaluation, treatment and consultation for children with developmental delays, autism/Asperger, cerebral palsy, Down's syndrome, sensory processing disorders, attention, behavioral concerns, handwriting, and other areas of weakness.

Contact us for further information:

125 Presumpscot St. Portland, ME. (207) 699-5531

Parent Support Group:

We want to support parents in any way we can and would like to have a monthly meeting to discuss your concerns. Please call the office to let us know when would be good for you and we will put together a meeting. 699-5531

Good Resources:

A Year of Fun Just for One's by Jean Warren

www.babycentre.co.uk/toddler/development/stimulating/games

Inclement Weather

Throughout the winter we will experience snow and ice. Our office is usually open unless the weather is extremely bad. It is unpredictable how the day will go, whether the roads will clear early or a storm will come in later. Your therapist or the office will contact you to determine the best route of action. In case of very severe weather we will list a clinic closing on WCSH 6. Also, please remember to call if your child is sick and will not be coming to the clinic.



Skill development for 12-18 month olds Taken from A Year of Fun Just for One's by Jean Warren

Motor Development: One-year-olds are growing every day. Your child is developing large muscle coordination by pulling him- or herself up while holding onto furniture. Or maybe your child is starting to walk on his or her own.

Your child is developing more control over both the large muscles and the small muscles. To spur your child on, try giving him or her several objects to put in and take out of a container, or provide him or her with tennis-type balls to squeeze and throw.



Small Muscle Development:

During this time in their lives, toddlers are busy practicing their control over all parts of their bodies. They can sit up, crawl, walk, and pull themselves to stand. 1-year-olds are still having trouble performing complicated movements with their hands, but they are working on improving these skills all the time.

You may see your 1-year-old building towers with blocks, lining up small toys, or picking up small items and then dropping them to the floor. All of these seemingly random activities are helping your child gain small muscle skills and eye-hand coordination.

You can help your child by handing him or her items, such as toy cars or small blocks, and asking him or her to pick up these same types of items. Placing items such as these in containers and taking them out again is also a great activity for encouraging small muscle development.

Body Awareness: 1-year-olds are very curious about the human body. Having discovered their hands, feet, and mouth as a baby, they are now aware of their ears, eyes, nose, elbows, arms, knees, and so on.

Provide opportunities to help your child learn the names and

functions of his or her body parts.

- Play simple pointing games and songs.
- Name body parts as you wash your child in the bathtub.
- Play mirror games.

Talking with Toddlers:

Talking to young children is very important. Hearing language is what spurs your child's attempts at imitation.

Whether or not your child can carry on a conversation, you should keep talking to him or her whenever possible. Your child is like a sponge, soaking up sounds, expressions, and meanings. Look for opportunities to talk with your child, such as while dressing, riding in the car, or taking a bath.

Avoid too much baby talk. Children need to hear the correct pronunciation of words. By now your child can probably:

- Follow simple directions
- Point out familiar persons
- Use four to eight words
- Use expressive mannerisms or adult voice inflections in attempts to carry on a conversation

Don't worry if your child is not talking by this time. Some children are busy concentrating on walking or are immersed in

learning how things work. Be patient and let your child learn at his or her own rate.

Social Development: Because 1-year-olds have not yet become self-conscious, they enjoy an audience, adore applause, and love receiving lots of praise. They also demand a great deal of personal attention and will sometimes make a lot of noise to get that attention.

Sharing things is out of the question, and taking is preferred to giving. 1-year-olds may like to play with other children nearby, but they do not interact with those children. They are self-centered, unaware of the feelings of others, say no even while wanting to say yes, and think that the world exists only for their pleasure. 1-year-olds are usually curious about and affectionate toward other people, and they love imitating hand and face gestures, such as waving or clapping.

Self-Care Skills: Toddlers love to do things independently and are usually able to take a more active role in self-care skills such as:

- Helping to undress themselves (enjoying taking off hats and shoes)
- Beginning to use spoons and spout-type cups at mealtime.
- Trying to wash hands and faces or brush teeth.
- Indicating wet pants.

Traveling with Toddlers:

Some helpful hints to make car trips with toddlers as enjoyable as possible:

- Be prepared to give your child a lot of attention. Pack a variety of small toys and snacks and pass them out every ten minutes or so.
- Point out animals and interesting things you see.
- Sing simple songs with your child. Make up songs with your child.
- Have your toddler's favorite blanket and stuffed animal readily available. Your child may take small naps more often because of the rhythm of the road.
- Be sure to stop often and let your child run around in a safe environment. Play a chase game to get that energy out.
- Be sure to use an authorized car seat with side panels so your child can take naps sitting up.

