



## *Year 1 Developmental Guide*

### **Physical**

- **Gross Motor: Movement and Coordination:** Moves from place to place: Walks more often than crawling; squats to pick up object on floor and returns to standing with little difficulty. Moves smoothly from sitting to standing, climbs and turns around to sit in chair.
- **Fine Motor:** Uses hands alone and in coordination with eyes: Fits two cups together, one inside the other, turns the pages of a book and points to pictures while being read to.

### **Social and Emotional**

- **Self Concept:** Shows preferences, likes and dislikes
- **Self Control:** Begin to test social boundaries. Experience feelings of power and pride; test limits and expectations to find out who is in charge (uses “no” often, gets upset when he doesn’t get his way, and has trouble sharing”).
- **Cooperation:** May interact with another child for a short period of time. Reach out to touch another child; may push child who interferes with his play, may offer toy to another child; imitate other children; play side by side with peers with adult supervision, and demonstrate give and take.

- Enjoy imitating the actions of adults. Carry a purse around room; ask for help to dress up like mom or dad; take care of “baby”.
- Begin to engage in social play with other children. Interact with another child for 1 or 2 minutes.

### **Relational Spiritual**

I’ve learned in my (short one year) experience as a mother, that I have to be intentional in training, teaching, and disciplining my son. None of these things happen naturally and it takes extra thought and effort on my part to incorporate them into our days.

Just like parents have to be intentional about our relationship with Jesus, you also have to be intentional about teaching your children about Jesus, and it’s never too early to start! At this stage in your child’s life, the biggest task as a parent is to disciple your children as followers of Christ.