What To Expect When Your Baby is 1 to 2 Years Old

Your child has a lot of energy

- Your child:
  - Walks more steadily
  - Takes things apart
  - Runs and climbs
  - Carries things
  - Pushes and pulls things

- Your child may be more active and like to:
  - Flip light switches
  - Unwrap packages
  - Pour things
  - Empty drawers

- Between the first and second birthdays, your child:
  - Likes to copy the sounds and actions of others
  - Wants to be independent (may say “No!” a lot)
  - Can have a short attention span
  - May try different ways to move his or her body by walking backwards or sideways

- Children may also:
  - Start to see how they are like and unlike other children
  - Notice how others feel
  - Play alone or with other toddlers
  - Learn more words
  - Understand more of what people say to them

- At this age, your baby needs the chance to:
  - Explore in safe play places
  - Make his or her own choices (“Do you want the red cup or the blue cup?”)
  - Run, jump and play
  - Use small objects like puzzles and toys that can be stacked
  - Touch, taste, smell, hear and see new things
  - Learn that actions cause results (like when a stack of blocks gets too high it falls over)
  - Learn and use new words
  - Learn about kindness and caring