

10 ESSENTIAL PARENTING PRACTICES FOR RAISING A 1 YEAR OLD



Hello Parents

Parenting a 1-year-old can be quite a challenge. This e-book lists down 10 parenting practices that help you emerge as a smarter parent!

Index

No.		Practice
1		WATCH WHAT THEY EAT
2		PROVIDE ADEQUATE EXERCISE
3		TALK TO THEM
4		GET INVOLVED
5		VISIT THE DOCTOR REGULARLY
6		ENSURE GOOD SLEEPING HABITS
7		GET ON THEIR LEVEL
8		FOCUS ON SAFETY
9		LIMIT EXPOSURE TO SCREENS
10		BE A GOOD ROLE MODEL

1

Watch What They Eat

Importance

Food is the source of nutrition for your baby's body. You need to provide adequate nutrition to your little one for healthy development.

Parenting practice



- Generally a 1 year old's food intake is divided between three meals and two snacks per day.
- You can give your child the same food that you eat. However, avoid foods that are heavily spiced, salted, buttered, or sweetened.
- 1 year olds need about 1,000 calories a day. They need foods from the same basic nutrition groups that you do. It's a good idea to include fruits & vegetables in their daily diet.
- Choking is a major concern at this age. Make sure your child eats only while seated and while supervised by an adult. Avoid foods that pose a choking risk such as nuts, grapes, etc.

2

Provide Adequate Exercise

Importance

Physical activity strengthens children's bones, muscles, hearts & lungs. Exercise also improves children's coordination, balance, posture & flexibility.

Parenting practice

- Your 1 year old should get at least 3 hours of physical activity.
- Any activity that involves moving their body will come under exercise. Simple yoga poses, stretching, dancing and running around in the park are all excellent activities for your child to do.
- Choose activities that your child will enjoy.



3

Talk To Them

Importance

Talking to 1 year olds is key to helping them develop better language skills and also grow their mind.

Parenting practice

You are building with blocks



- Use descriptive words in your conversation that describe the color or size of objects.
- You might even narrate what they're doing by saying things like, "You are building with blocks. You knocked the blocks over."
- Make book reading a part of daily routine. Children this age will love picture books. Use the pictures as a way to have conversations with your little one.

Get Them Involved

Importance

It's important to let your 1 year old get involved in some of the activities you're doing around the house. This builds thinking skills, communication skills, enhances confidence and also builds the parent-child bond.

Parenting practice

- Allowing your toddler to help in the smallest ways can keep them active and teach important skills.
- Tell them to throw a napkin in the trash for you or allow them to wipe the dining table before eating, and any other simple chores that they can do for you.



5

Visit The Doctor Regularly

Importance

This is a sensitive age and regular visits to the doctor are essential for monitoring the well being of the child.



Parenting practice

- Generally your child should visit the pediatrician at 12, 15, 18, and 24 months of age.
- Your doctor may share a schedule detailing the vaccinations required at this age.
- Doctors will also be monitoring the development of your child and will be able to recommend early intervention in the case of any development delays.
- Other common health issues in 1 year olds include ear infections, colds, and skin issues. Timely treatment of these would prevent flare ups.

6

Ensure Good Sleeping Habits

Importance

Sleep issues are common at this age. A good sleep is essential for physical and cognitive development of your child. Lack of sleep can lead to toddler tantrums and general crankiness.

Parenting practice

- 1 year olds need up to 14 hours of sleep a day, so it's important that you stick to a routine that includes plenty of naps and an early bedtime.
- Try to eliminate unplanned naps so your child can experience longer, deeper, healthier sleep.



7

Get On Their Level

Importance

Instead of talking down to your child, parents should be able to come down to their level. This strengthens connections between parent and child while also building their self confidence.

Parenting practice

- As parents, you should also play the role of a playmate for your little one. When playing in a child-friendly space, you can get down to their level and follow their lead in the activities.
- If your child is playing with a doll, play with them. Just don't be too concerned about whether they're doing things "the right way."



8

Focus On Safety

Importance

Children this age are discovering the world around them. They are prone to accidents and are often unaware of things that can hurt them. Parents need to create a safe environment around their children. They also need to keep a watchful eye through the day.

Parenting practice

- Children explore by putting everything in their mouths. Use safety caps on any toxic household products and medicines, and keep them out of sight and out of reach.
- Stairs, sharp-edged furniture, and open windows can pose a serious risk. Use gates to keep your toddler away from stairs and install window guards above the first floor.
- It only takes 2 inches of water for a toddler to drown. Keep bathroom doors closed. Never leave your child alone near a bathtub, a pail of water, wading or swimming pool or any other water body. Stay within an arm's length of your child when you're near water.
- Parents can teach their 1 year old about hot and cold and encourage them to stay away from fires, hot beverages, etc.
- Children should be taught to stay near a caregiver whenever they are outside the house.



Limit Exposure To Screens

Importance

In today's world, screens are everywhere. Your 1 year old's exposure to screens should be controlled and supervised. A 1 year old's exposure to screens should be avoided to the maximum extent possible.

Parenting practice



- Ensure there are no screens in your child's room.
- When your child is around you, try to avoid using electronic devices.
- If at all your child does have some exposure to screens, ensure it is for a very short duration and in a supervised manner. One of the ways your child can use digital devices is to video chat with relatives.

Be A Good Role Model

Importance

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. This is why it is very important to model good behavior.

Parenting practice

- Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance.
- Avoid arguing and fighting in front of your child. While there would be times when you would be upset and angry, it is essential to control your behavior especially when your child is watching you.



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