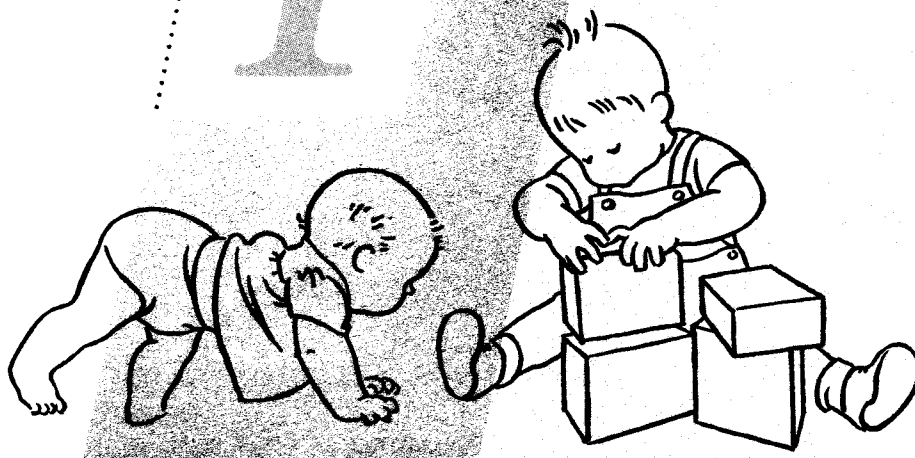

your child from

1

to

3



CHILDREN'S BUREAU PUB. 413-1964

This short pamphlet, second in the Children's Bureau pictorial series on child care, is designed for quick and easy reading. It covers the most important points parents need to consider as their child leaves babyhood and enters childhood. More detailed information on the child from 1 to 3 can be found in the first part of *Your Child From 1 to 6* (Children's Bureau Publication 30).

Katherine B. Oettinger

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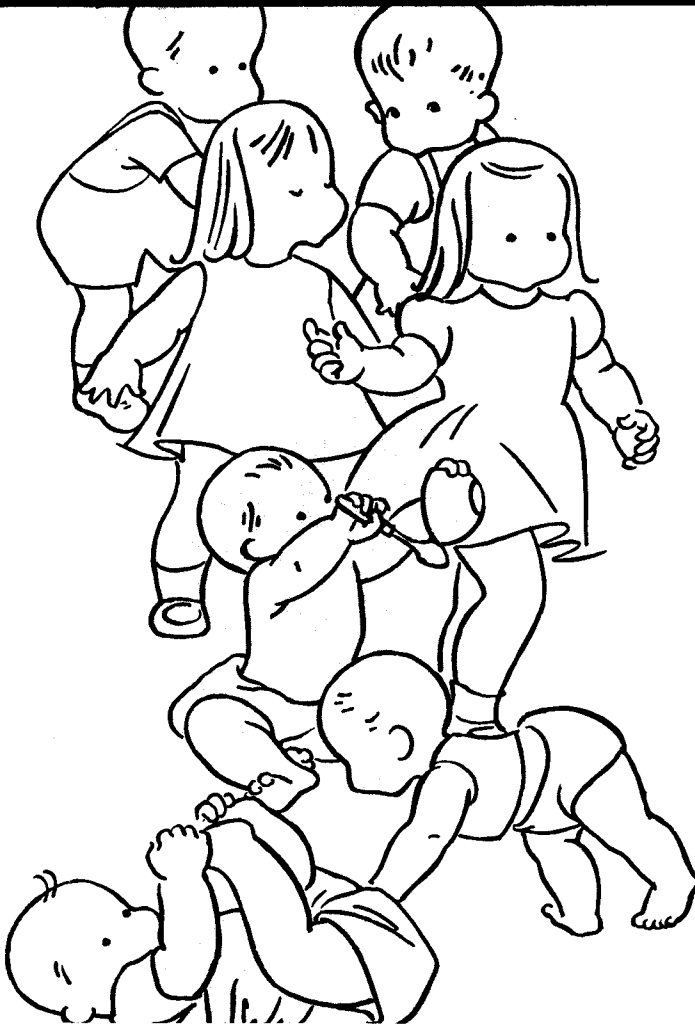
your child from 1 to 3

Near your baby's first birthday, he begins to change his ways. He eats and sleeps less. He doesn't grow as fast. His weight gain is slower. He begins to move about on his own. He gets into things, many dangerous.

All this means he is leaving babyhood behind. He is beginning to stand on his own two feet. He is trying to be like grownups and do all of the things they do.

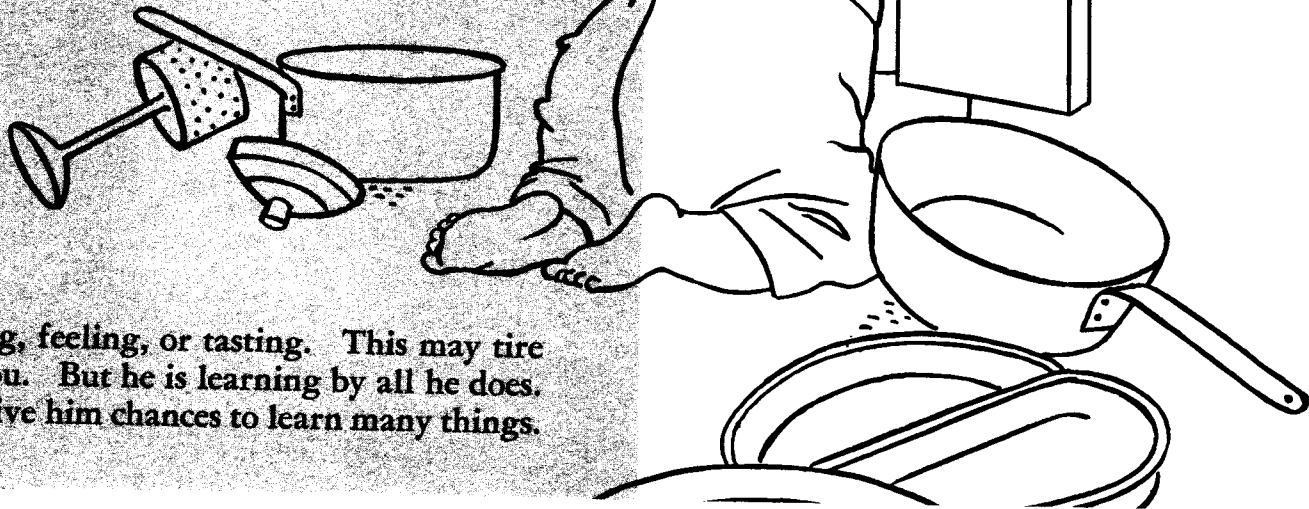
He does things his own way

Not all children of the same age start walking and talking and doing other things at the same time. When your child starts these things, he will follow his own timetable. In other words, he grows and develops at his own speed. If you begin to worry that he is behind others of his age, talk to the doctor or public health nurse about him.



He is learning a lot

Every minute while awake, he is either walking, crawling, pushing himself along the floor, climbing, hearing, look-



ing, feeling, or tasting. This may tire you. But he is learning by all he does. Give him chances to learn many things.

Talk to him often

But not "baby talk." Speak in clear, simple sentences. He will copy what he hears. Read or tell stories to him when you are not busy. When you are busy, talk to him while you work. Tell him about what you are doing. Praise him when he adds new words. Give him chances to hear children and other adults.



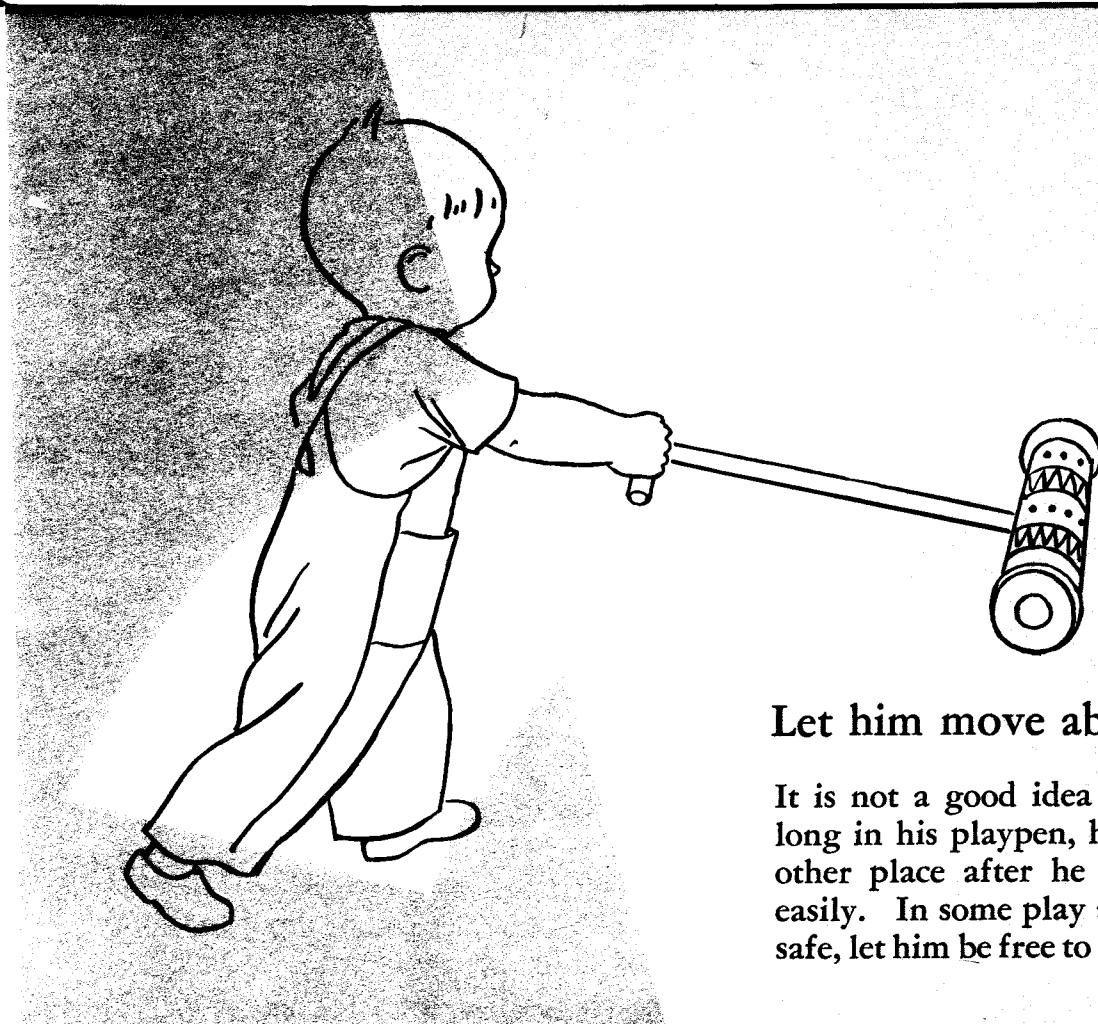
To play is to learn

In play, he learns about things and how they work. He also gets practice in using his hands. Some of the best playthings are around the house: pots, pans, clothes pins, rolling pins, potato masher, plastic containers with lids, spoons, pie tins, empty boxes, spools tied together.

A few toys that you buy help him learn and to make things: blocks, crayons, paper.

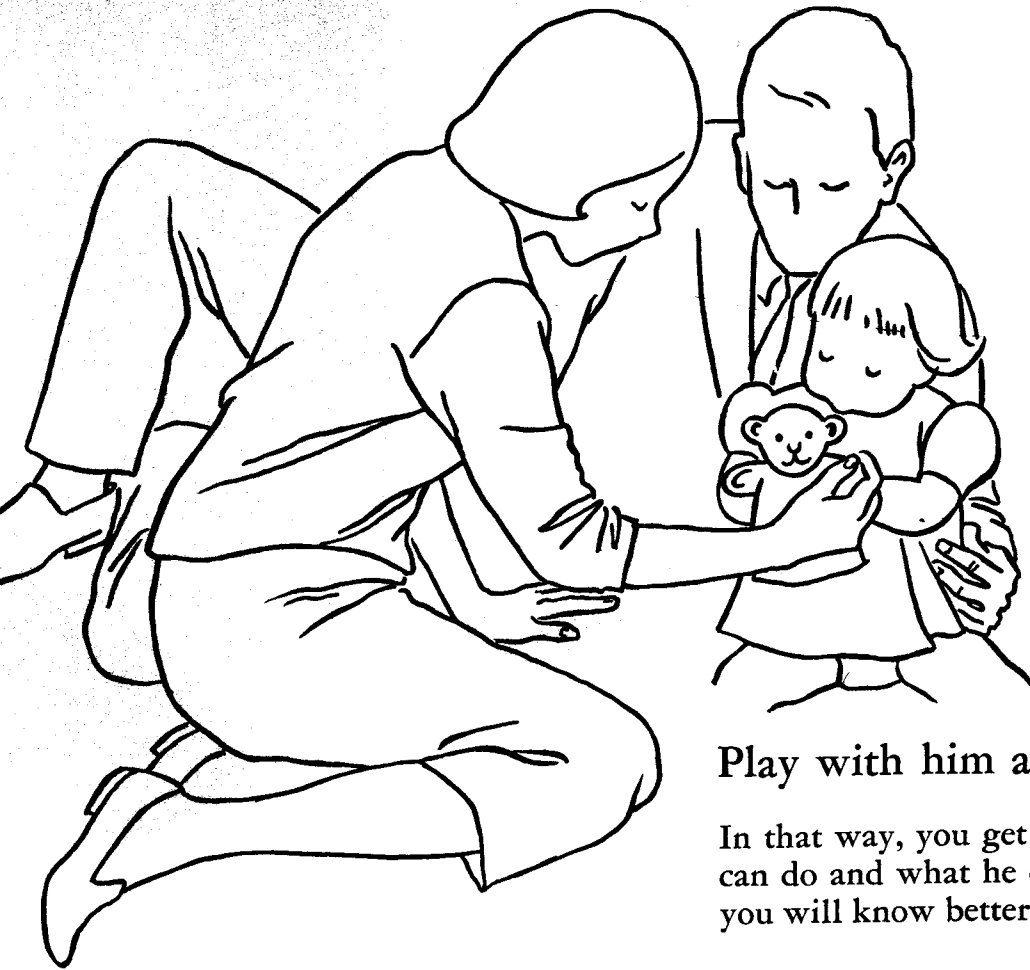
Let him play, in a safe place, out of doors in the fresh air and sunshine. When he runs, jumps, climbs, digs, he learns how to use his back, arms, and legs.





Let him move about

It is not a good idea to keep him for long in his playpen, highchair, or any other place after he crawls or walks easily. In some play area you know is safe, let him be free to do as he wants to.



Play with him as much as you can

In that way, you get to know what he can do and what he cannot do. Then you will know better what to expect of

him. You as parents talk over what is best for him and how to guide him. If one of you handles him one way and the other another way, he won't know what to do or expect.

He is not a grownup

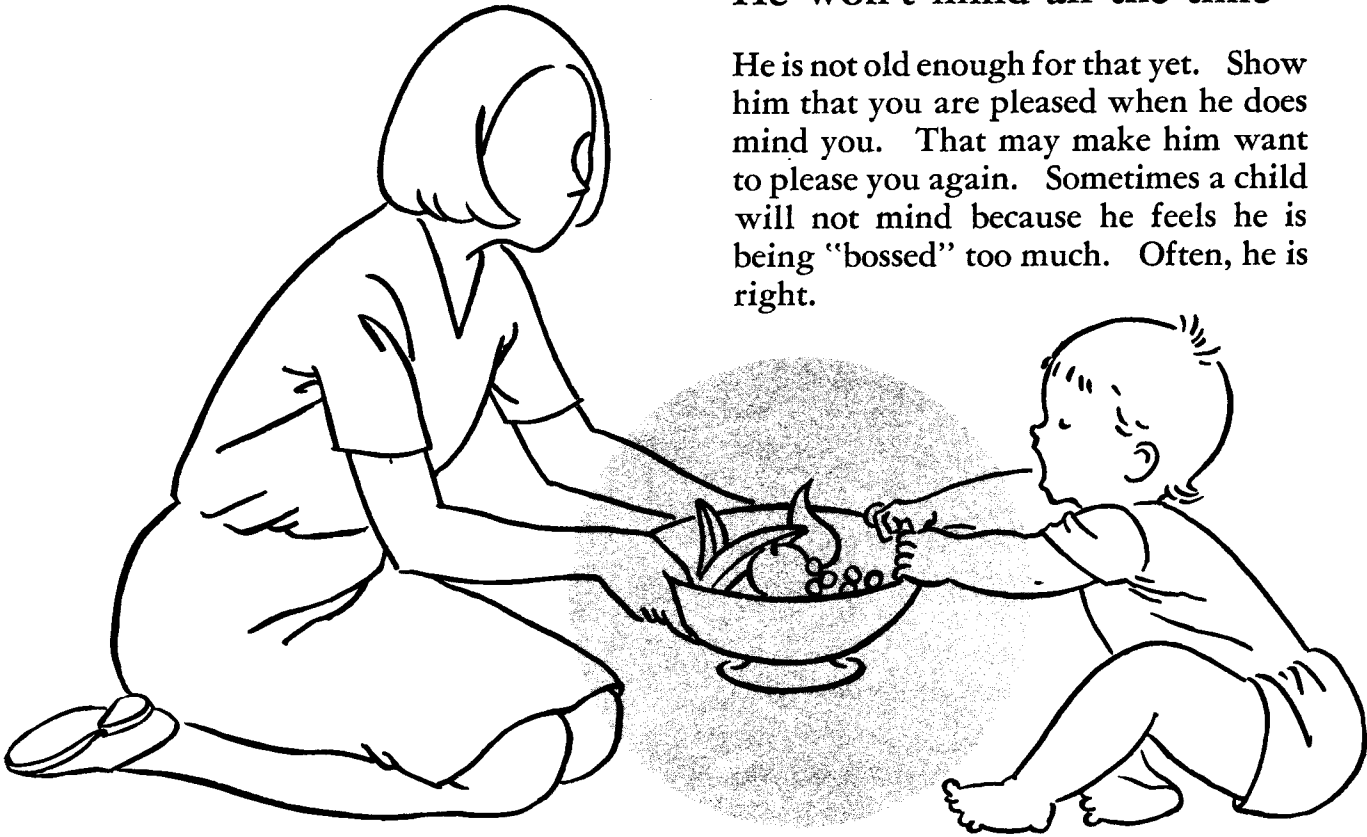
Even though your child can walk and talk, do not expect him to think and act like a grown man or woman. He will have to be much older before he can reason, remember, and do what you think is right. Always keep that in mind. Then you and he will get along better.

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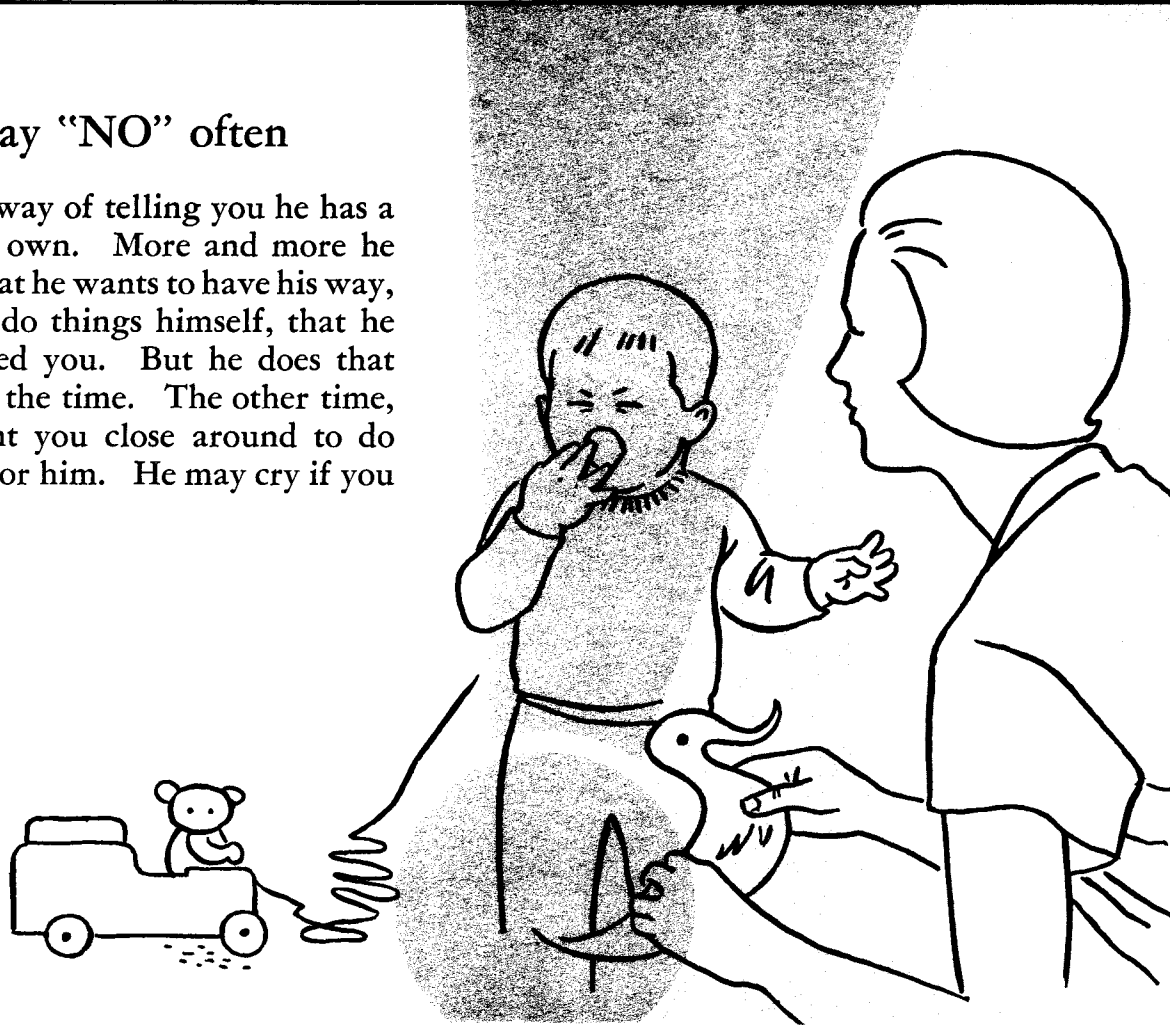
He won't mind all the time

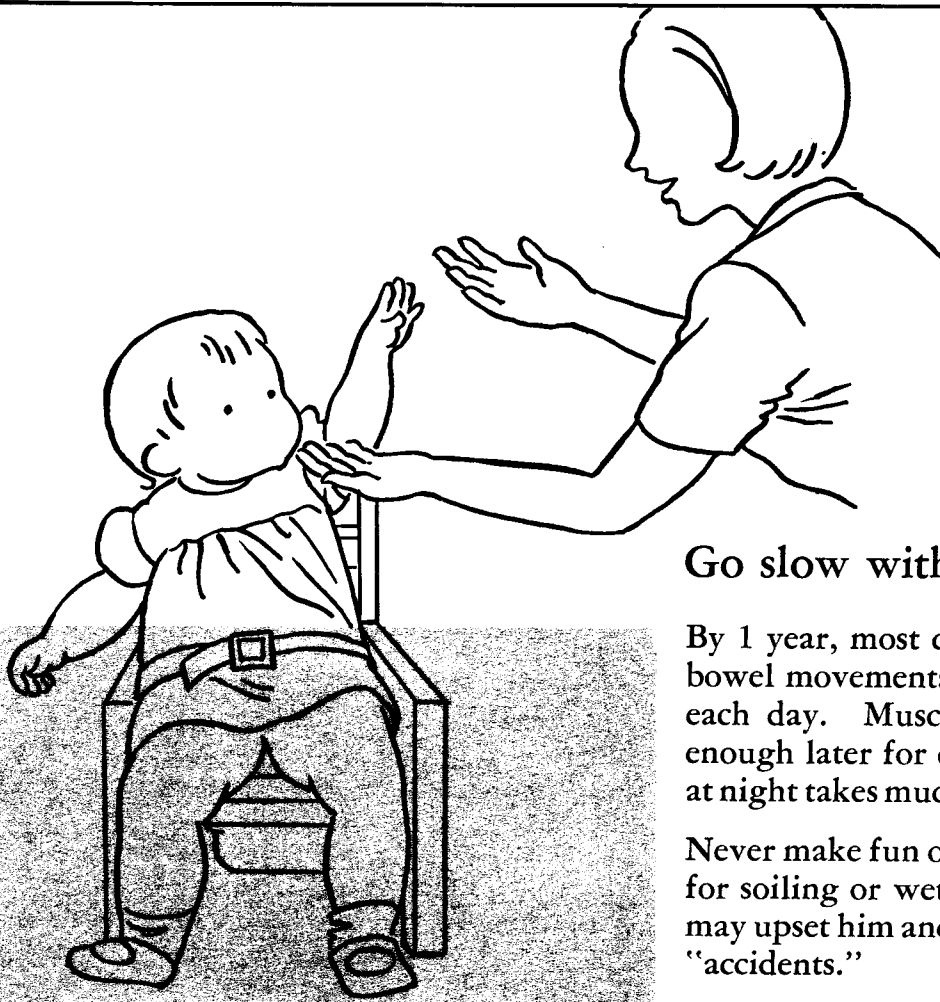
He is not old enough for that yet. Show him that you are pleased when he does mind you. That may make him want to please you again. Sometimes a child will not mind because he feels he is being "bossed" too much. Often, he is right.



He will say "NO" often

That is one way of telling you he has a mind of his own. More and more he will show that he wants to have his way, that he can do things himself, that he does not need you. But he does that only part of the time. The other time, he will want you close around to do everything for him. He may cry if you leave him.





Go slow with toilet training

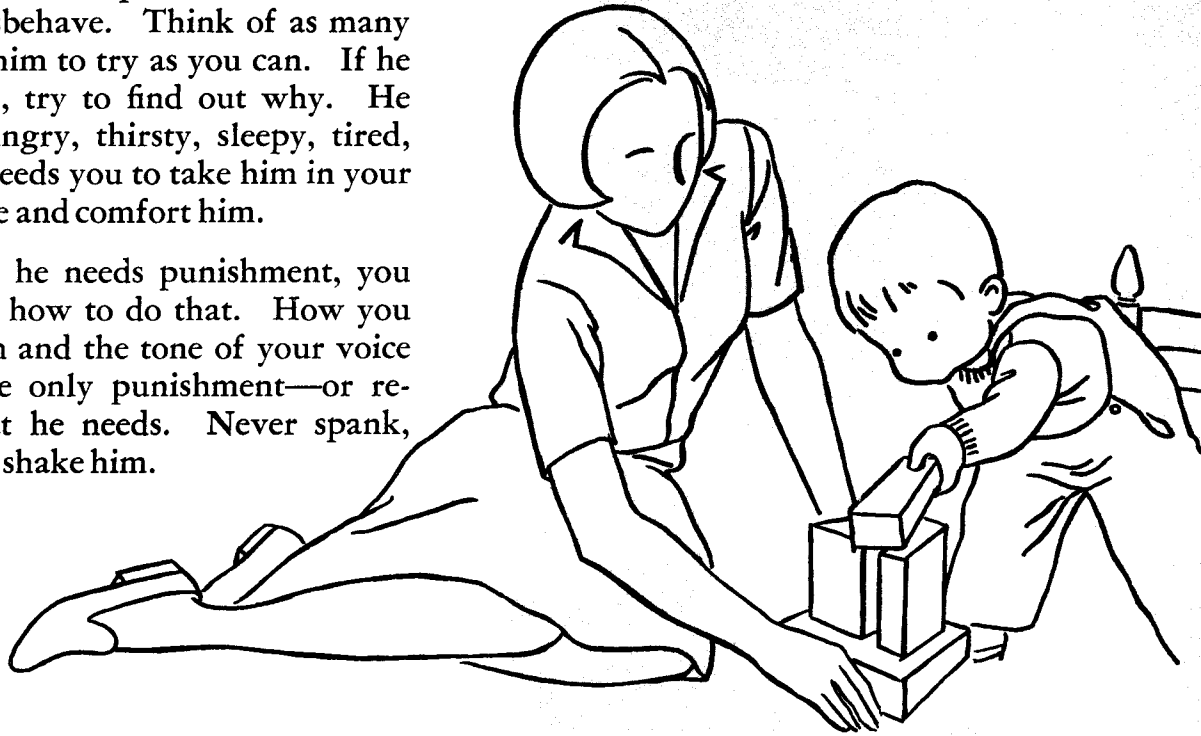
By 1 year, most children begin having bowel movements about the same time each day. Muscles will grow strong enough later for control. To keep dry at night takes much longer.

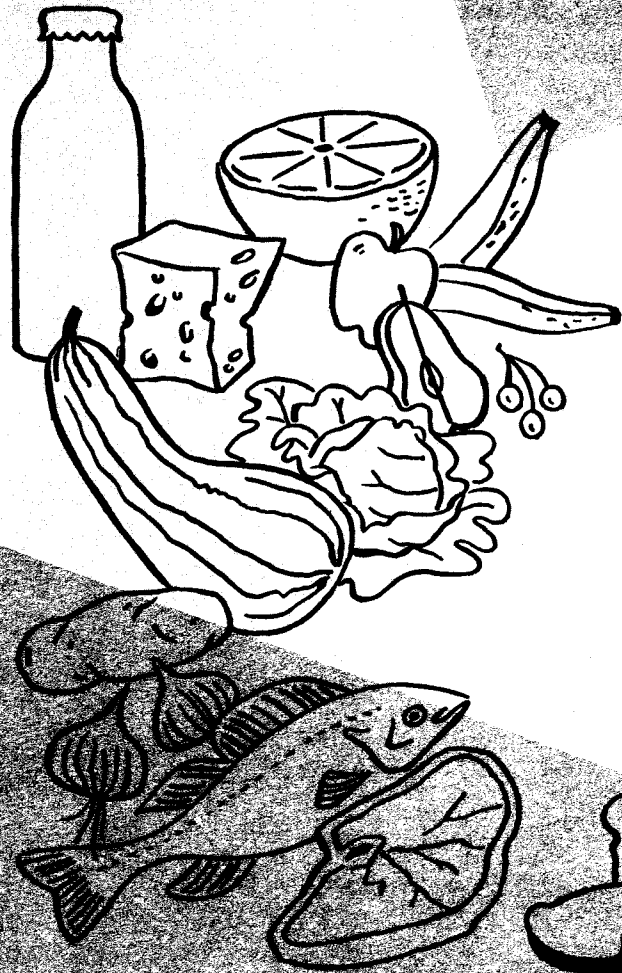
Never make fun of or punish your child for soiling or wetting his pants. That may upset him and make him have more "accidents."

Try to keep life pleasant

A happy child with many ways of keeping busy and occupied does not have time to misbehave. Think of as many things for him to try as you can. If he misbehaves, try to find out why. He may be hungry, thirsty, sleepy, tired, bored, or needs you to take him in your lap and love and comfort him.

If you feel he needs punishment, you two decide how to do that. How you look at him and the tone of your voice may be the only punishment—or reward—that he needs. Never spank, hit, jerk, or shake him.

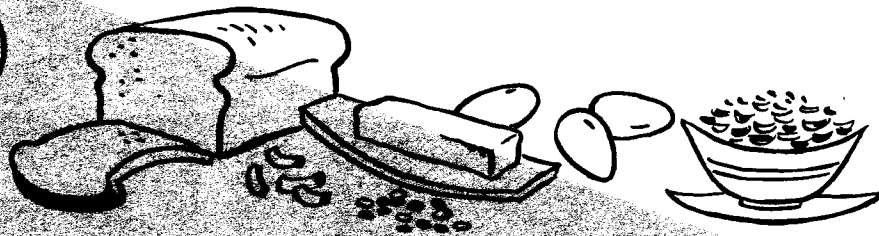




Foods for the 1- to 3-year-old

Little children need foods that will help them to keep well and to build muscle, bones, blood, and sound teeth. Be sure your child gets such food. When you plan meals or buy foods, read over what it says below about what a child, 1- to 3-years-old needs. For most children, a helping is $\frac{1}{2}$ to 1 tablespoon. Your child may want more.

MILK—for drinking and cooking. Two to three cups—to drink or use in dishes such as soup, custard, pudding. Cottage cheese, yellow cheese. One or more helpings each day.



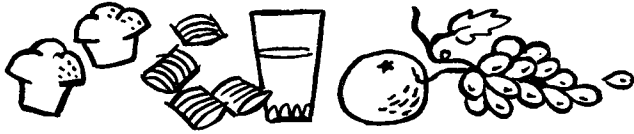
EGGS—one helping each day.

BREAD and CEREAL—whole grain or enriched or restored. Four or more helpings each day.

BUTTER or FORTIFIED MARGARINE—on bread or to season vegetables. Some each day.

VEGETABLES—choose a dark-green or deep-yellow vegetable (cook vegetables, peel fruits for the 1- to 2-year-old). Two or more helpings each day.

MEAT, FISH, POULTRY—one or more helpings. You may want to serve dry beans and peas, smooth peanut butter in place of meat, fish, or poultry at times.



FRUITS—choose a good source of vitamin C such as grapefruit, orange, tomato, whole or in juice. One or more helpings each day.

VITAMIN D—Ask your doctor in what form. 400 units each day. Milk, cereals, and other foods may have had vitamin D added to them. The label will tell you how much. Your doctor may want him to get more vitamin D if your child is not getting 400 units from foods. But do not give him more vitamin D than the doctor tells you.

Three meals? or more?

Some children get along well on three meals a day. But at this age, most want one or two snacks also. So plan to give your child some of the foods from the above list at mid-morning, mid-afternoon, and maybe, at bedtime.

Make meals happy times

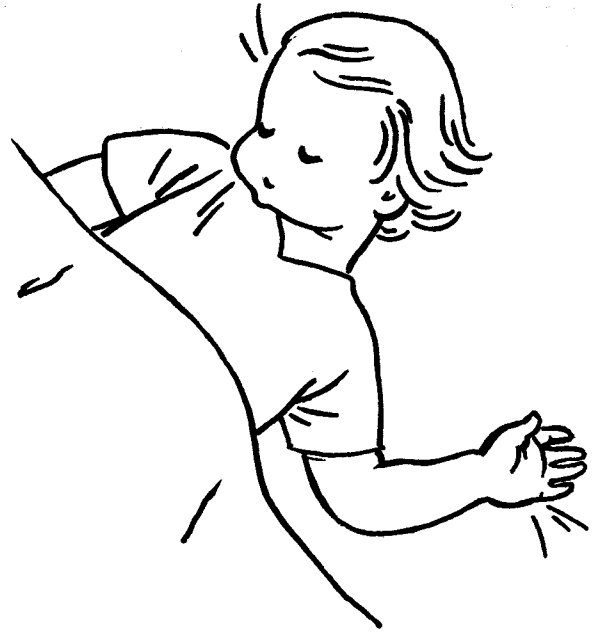


Now your child may be eating with the family. Let him feed himself. Manners will come later. At about 1 year, he can handle bite-size pieces with his fingers. Later, he can handle a spoon by himself.

Growing slower, he may be less hungry. He may be more choosy and refuse certain foods. Don't worry or force. Keep on offering different foods. Be pleasant. In time, he will likely take the ones he is turning down now.

He may sleep less

Let your child sleep as much as he wants to. It may be 10 to 12 hours or more at night, plus a daytime nap. Or it may be much less, with no nap. Have a regular bedtime. Make it happy but quiet. Tell him a story or you two sing a little song together. Teach your child—kindly but firmly—that once in bed he is to stay there. That will prevent many problems.



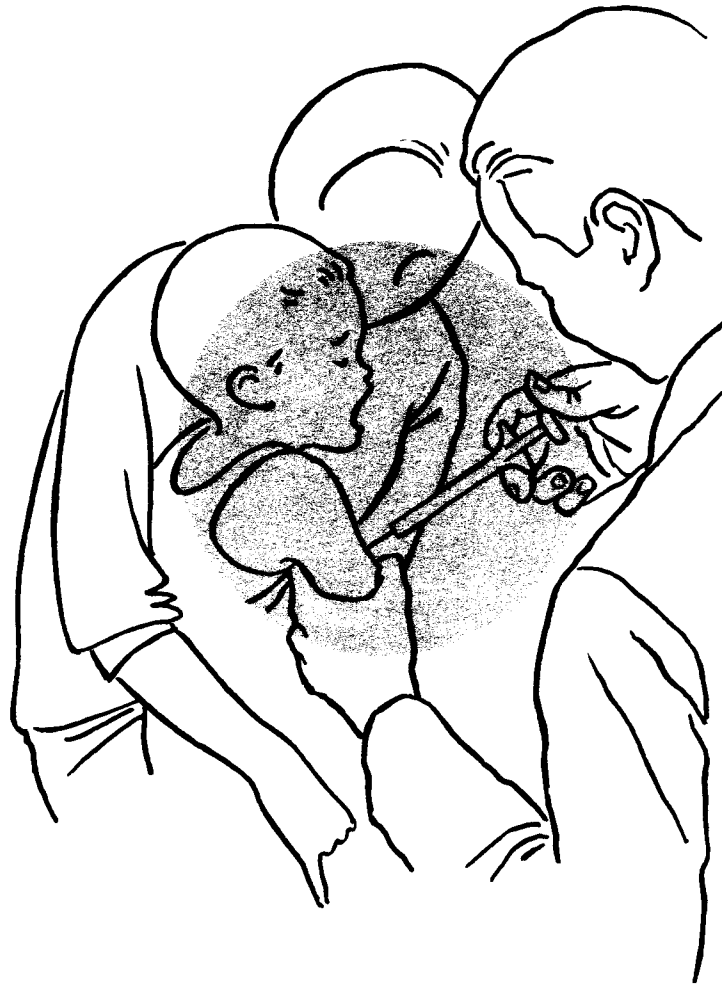


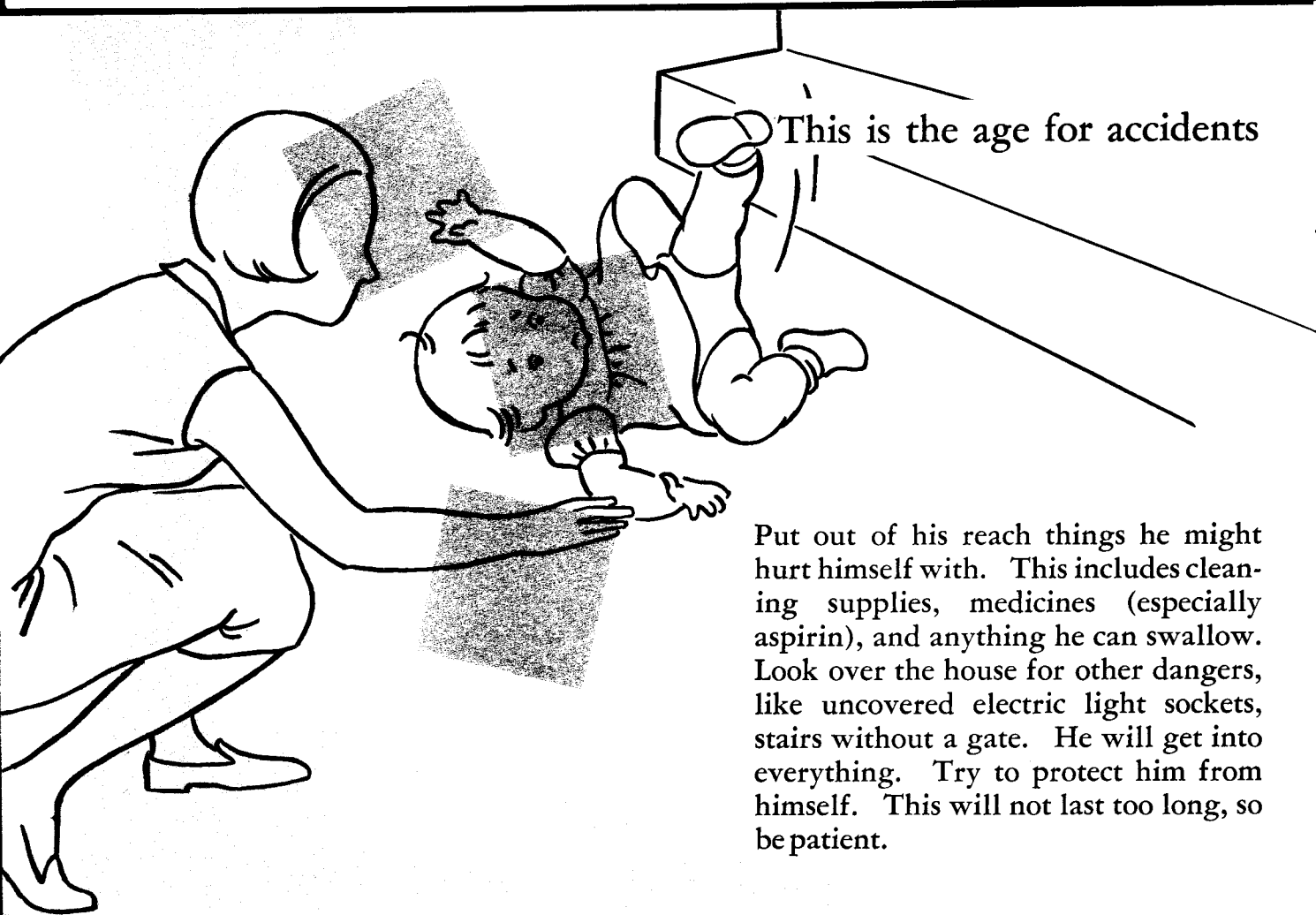
Protect him from diseases

Protect your child from sicknesses such as polio, diphtheria, smallpox, whooping cough, lockjaw, and measles. If he has not been protected, ask your doctor to start that now. If he is protected already, he will need a booster.

Look after his health

Ask the doctor how often he wants to see your child. It may be at least twice a year, or more often. At those times, the doctor will see if all is going well and answer your questions. If your child seems sick, phone or take him to the doctor at once.





Put out of his reach things he might hurt himself with. This includes cleaning supplies, medicines (especially aspirin), and anything he can swallow. Look over the house for other dangers, like uncovered electric light sockets, stairs without a gate. He will get into everything. Try to protect him from himself. This will not last too long, so be patient.

Let him meet others

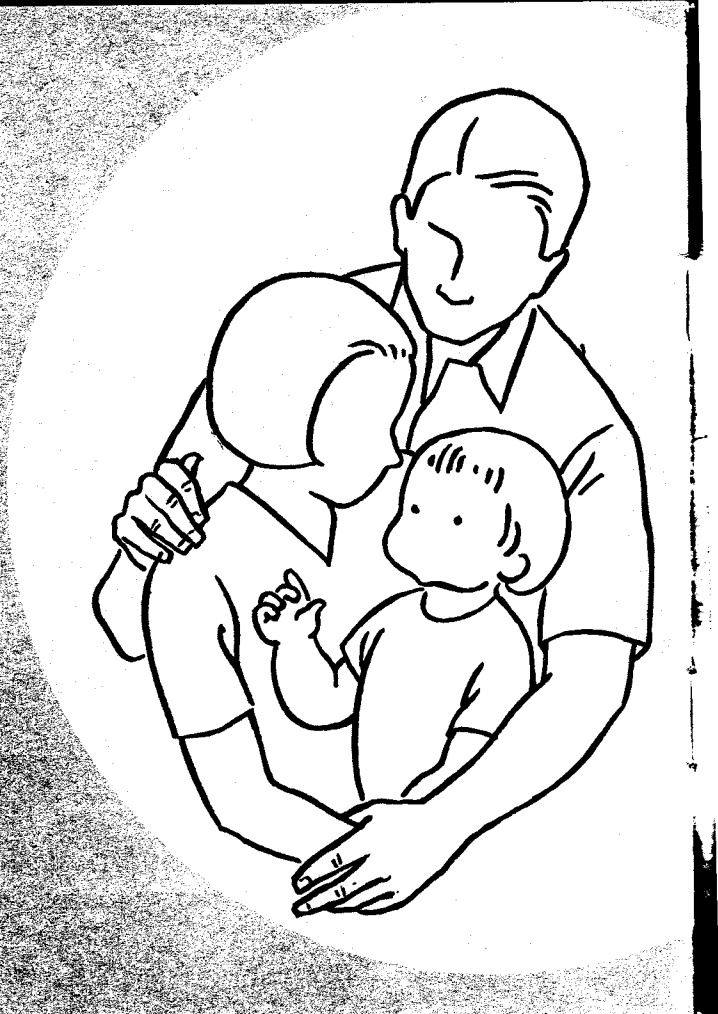


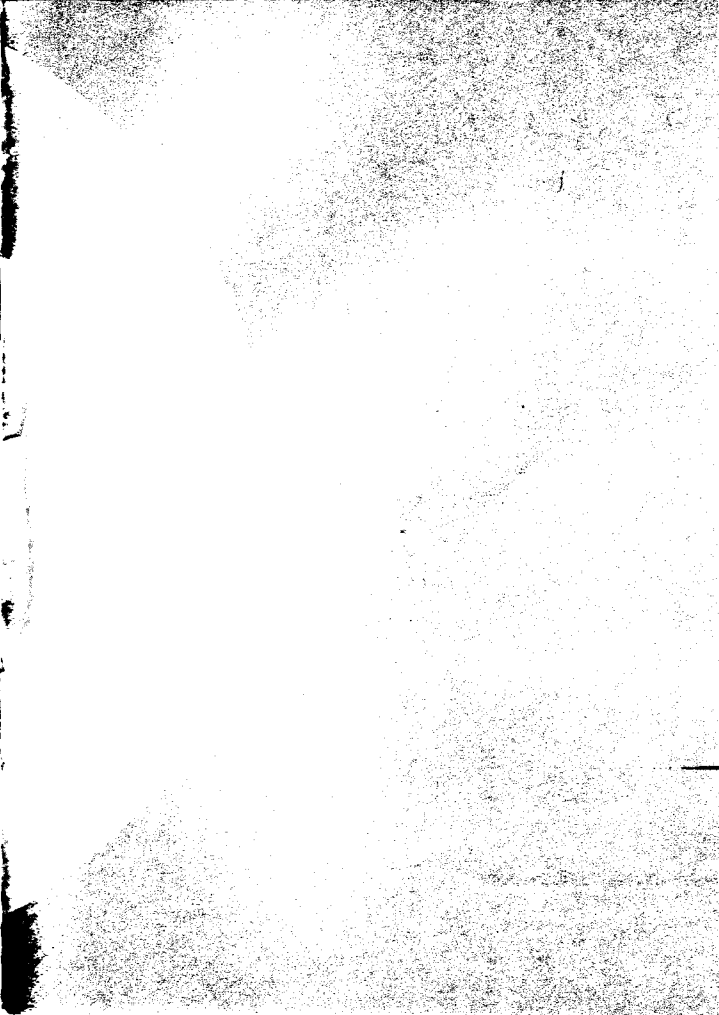
Give your child a chance to be with strangers. But do not force him. He may just want to look at them. Take him on short visits to other places and

homes. Invite a child of his age to visit him. He is not ready yet to play with several at a time.

Let your child know that you love him, and want him and think that he is a fine part of your family. Do this even when you don't like what he does. Your love is not all that he needs, but he needs it as much as he needs anything else. Never give him this love when he is fussing or whining. He may think that is necessary to get it.

So tell him from time to time how much you love him. It takes only a second to give a hug and kiss. Do it several times a day and then he will be sure.





When Your Baby Is On the Way—Children's Bureau Publication 391—a short, picture leaflet on the care of the mother before the baby is born. (15¢)

Your Baby's First Year—Children's Bureau Publication 400—first in the pictorial series on child care describes the infant's needs for food, play, sleep and clothing. (15¢)

Your Child From 1 to 6—Children's Bureau Publication 30—describes the growth of children from 1 to 6 years of age. (20¢)

These publications can be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20402.

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