



1 - 2 Years Social and Emotional Behaviour

Sure, your toddler understands the word 'no' - just don't expect them to abide by it! At this age, they have little self-control so they'll find it difficult to do as you ask if they really want to do something different.

Developmental milestones include:

- They are inquisitive and have endless energy, but need your attention and to be reassured regularly
- They are very attached to you, and may be fearful of strangers
- They resist being separated from you
- They love interacting with adults and particularly enjoy playing repetitive games
- They can play alongside other children but aren't yet able to interact or share with them
- They love to copy those around them - talking on the phone, carrying a baby
- They are not flexible in their approach to tasks - there is a 'right' and 'wrong' way to do things and they want to do it the 'right' way (their way!)
- They are becoming fussier about the food they eat - at this time, some toddlers refuse to try any new foods at all and reject many of the old favourites
- Their memory is improving - they can remember and copy past events
- They can now tackle simple puzzles
- They love games of the imagination
- They experience a wide range of emotions - and can move from one to another with lightning speed!
- They love a cuddle

What can I do to encourage my child's social and emotional development?

- Do simple puzzles with them
- Give them simple props for make-believe, dress-up and role-playing games
- Give them opportunities to entertain themselves. Learning to enjoy your own company is one of life's great lessons, so if they are happily playing by themselves, just leave them to it.

Signs that suggest a developmental problem in a 1-2 year old:

- They don't suffer any separation anxiety when you leave
- They don't prefer to be with people familiar to them
- They don't seem to engage with different people around them
- They don't want to cuddle

All children are different and develop at different rates, so don't be overly concerned if your toddler is acquiring new skills at a different rate to those around him. But if you are worried about their development or it seems to have stalled or be going backwards, talk to a health professional.