



When I am ... 1

This card offers suggestions on how you can help your one-year-old continue to develop in four key areas and have a lot of fun while learning at Imagine It! The Children's Museum of Atlanta!

Developmental Area	Skill	Activity in the Museum
Physical Development: Gross & Fine Motor Skills	I am learning how different items feel: soft, rough, hard . . .	Push a grocery cart in <i>Fundamentally Food</i> to help develop gross and fine motor skills. Play with textures in the sand box in <i>Let Your Creativity Flow</i> .
Communication Skills	I am exploring vocabulary and developing an understanding of words.	In the toddler/crawling area of <i>Leaping into Learning</i> , play "Seek and Find." Ask your child to find a block and bring it to you. In our farm in <i>Fundamentally Food</i> , have your child bring you an apple, a carrot or a banana.
Social Learning	I am developing my self-confidence. I want to strike out on my own, as long as a familiar adult is within sight!	Play a "Hide and Seek" game in our Shadow Wall or peek through the windows of the house in <i>Fundamentally Food</i> .
Learning & Problem Solving	I am discovering things through trial and error.	In <i>Tools for Solutions</i> , experiment by stacking large foam blocks and seeing how high the stack can go!

Each child is unique and develops at his or her own pace. One-year-olds have a wide range of physical activities — they may be crawling or walking, and they are quickly gaining control of their bodies. One-year-olds are having fun learning about words and becoming even more social with parents, grandparents, and the other adults around them. They are in the first stages of learning how to help themselves, by grabbing a favorite toy or starting to eat on their own.

Additional Resources

Books:

What to Expect: The First Year and **What to Expect: The Toddler Years** by Arlene Eisenberg, Heidi Murkoff, Sandee Hathaway, Sharon Mazel

Your Baby's First Year and **Caring for your Baby and Young Child**, published by the American Academy of Pediatrics, Steven P. Shevlov, M.D., editor in chief

Building Healthy Minds: The Six Experiences that Create Intelligence and Emotional Growth in Babies and Young Children by Stanley Greenspan, M.D.

Online Resources:

Georgia Department of Early Care & Learning: Bright from the Start has a web site with the early learning standards for infants up to three-year-olds. www.decal.ga.gov

United Way has a site called "Born Learning" which offers developmental information, fun activities to do with children of all ages, and other great resources. www.bornlearning.org

PBS Kids has created a website on child development for children ages 1-8. www.pbs.org/parents/childdevelopment

Parents as Teachers has a website with parenting tips. www.parentsasteachers.org

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