

FRIENDS AND FEELINGS

By 13 to 15 months, your growing baby...

- likes to be in constant sight of caretaker
- begins saying 'no'
- finds joy in being the center of attention
- shows impulsivity and difficulty recognizing rules
- begins to participate in cooperative play
- gives spontaneous affection
- sleeps 10-12 hours a night
- takes one daily nap for one to three hours



Social and Emotional
Development

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Strategies to Share

- At this stage it can be difficult to get much done because your baby may want to see you all the time. This stage, too, will pass! If you leave the room, continue to talk to her and use words that let her know that you will return. It might be tempting to continue to hold your baby to keep her happy, but it's important to understand that allowing her to learn to calm herself without your presence is an important milestone in her emotional development.
- Your child is beginning to understand that she is her own person and that she can express her own desires and opinion. The 'no' stage is inevitable to some degree, but as you work through it, here are a few suggestions:
 - * Ignore 'no' as much as you can. Your child is looking for a reaction, so responding back quickly will probably lead to a power struggle.
 - * Reward the answer "yes" and positive behavior. In this stage, children look for praise, so provide it when she does something good.
 - * When she says 'no!', model what you want her to say, such as "No, thank you."
 - Choose statements over questions. Instead of asking, "Are you ready to go to bed?"—to which she will always answer 'no!'—say, "It's time to go to bed! Let's see who can march up the steps to pick a favorite book!"
- It's no coincidence that the desire to be the center of attention happens around the same time as seeking attention through the 'no' stage. Remind yourself to take a minute or two during the day to let your child "show off" for you.
- This "independent phase" can lead to an impulsive child that can't seem to understand what a rule is! Our favorite tips are to always use safety as a motivator ("You have to hold my hand when we cross the road so you'll be safe") and to story tell what "good behavior" is. If you say, "We are going to eat at this restaurant; I want you to be good, okay?", your child may not understand exactly what "good" means. Describe what "being good" looks like ("We will use inside voices; "We will say please and thank you"). When children know what to expect and can prepare themselves, they often are more successful following rules.
- Use musical instruments to encourage turn taking: banging/strumming with peers or siblings. A timer may improve your child's cooperation in turn taking, as it, not you, determines when your child has to share a toy or stop an activity. Or, let your child know that you will help her count to ten, and then it will be her friend's turn to play with the toy.
- As your child begins to become more aware of herself as her own person, her relationships to those around her deepen. Enjoy all the hugs and kisses your child offers you!