



The ideas in this leaflet will help you and your child to enjoy play together; supporting their independence and social skills. They will help your child to develop their resilience and self-esteem. Having opportunities to achieve or learn from mistakes safely is vital for your child's development.

It is important to remember that children grow and develop at different times and speeds. Further information to help you understand how your child is developing, including what to expect during their first five years, can be found by searching online for the guide **What to expect, when?**

If you ever feel unsure, or have any concerns or questions about your child's wellbeing and development, please contact your Health Visitor, Early Years setting or any other relevant professional involved with your child.

#### Getting more copies of this leaflet

You can get all our leaflets in large print, easy read format, in Braille, on audio tape or CD, or in other languages. Please phone 01323 747430. They are also available in PDF form, which you can download from our website at <https://czone.eastsussex.gov.uk/early-years/info-for-parents/>

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# Help me to be happy, sociable and independent When I am 12-18 months old



# Did you know?

- Your child is learning that they are an individual.
- Your child is becoming increasingly independent but needs support and feedback from a familiar adult in all social interactions.
- You need to show your child how to do things, before they can do them independently.
- If you praise your child when they try to be independent, they will be more likely to try again.
- Your child is unlikely to understand all the words you use but they will understand your body language and tone of voice.
- Your child can use noises, pointing or touch to start a conversation with you.
- You need to give your child enough time to get their thoughts in order and find the words they need to use.
- Swapping comes before sharing.
- You shouldn't expect your child to say sorry, they may not have a real understanding of what this means.

# Helpful hints

Give a name to what I am feeling; this helps me to recognise and understand different emotions.

Let me help you with daily tasks.

Let me play outside; a trip to the park or a playground.

Give me opportunities to play with other children.



Use mirror play to point and name different parts of my body. Tell me that it is me in the mirror.

Find me lots of toys and everyday objects to play with so that I can make up stories and ideas.

Let me practice eating with a spoon and drinking with a tippy cup.

Don't rush me; let me do things in my own time.

Use short simple sentences so I am able to understand.

## Don't Forget!

Regular praise and encouragement is very important to your child's wellbeing and self-esteem. Praising your child when they do something positive, encourages the behaviour you want.

Routines and being consistent in your expectations can help your child to feel safe and secure in their environment.