

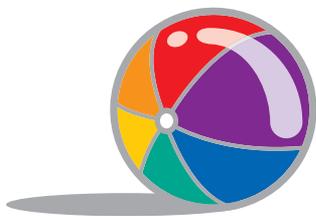
WORD builders



Singing and Motions

Singing simple songs to and with your child can help her learn and remember words. Pick a simple child's song and sing it to your child throughout the day and week. Sing it slowly and make each word clear so that your child can hear and understand the separate words of the song. After you have sung it several times with your child, leave off the last word of a phrase and see if your child will fill in the word. For example, if you are singing Twinkle, Twinkle Little Star, leave off the word "star" and let your child say or sing the word. If she needs help, sing the word for her and try again with another phrase of the song. Try making up hand or finger motions to go with the song, and see if she remembers the motion, the word, or both together. Soon she may be saying "star" or doing the motions to let you know she wants you to sing the song with her!

Singing a song over and over helps your child remember words, and motions will give her a way to sing along if she can't yet say the words.



A Trip to the Library!

Make a special date with your child to go your local library. Find the children's section and ask where to find picture books. Your one year old will like books with lots of big, bright pictures and only a few words. You can read a book together at the library, or check out some books to read at home. As you turn the pages, point to the pictures and name or count them. Asking questions helps with his language skills, so try to think of questions for each page.

**How many pigs are there?
One, two, three!**

What color is that balloon? It's red!

What sound does the kitty make? Meow!

If your child is still learning to say the words, ask questions he can answer by pointing.

**Where is the dog?
Can you point to it?**

Looking at books and reading to your child will help him learn about words, language, reading, writing and listening.



Read, Read, Read Again

Pick a brightly colored book with big pictures for your one year old to see. Find a comfortable place to sit, and show him the pictures on each page. Plan to read the book three times with your child. If he doesn't want to sit for three readings, read the book three different times during the day. The first time you read to him, point to the pictures on each page and describe them with one word. **Look, here is a DOG!** The second time you read the book, describe the picture with more words. **There is the DOG! He is brown and furry.** The third time, help your child point to the picture as you say the word. **Here is the DOG!** and help him point to the dog. Then ask if he can point to the dog by himself.

This activity helps your child learn new words, and connect words with meanings.



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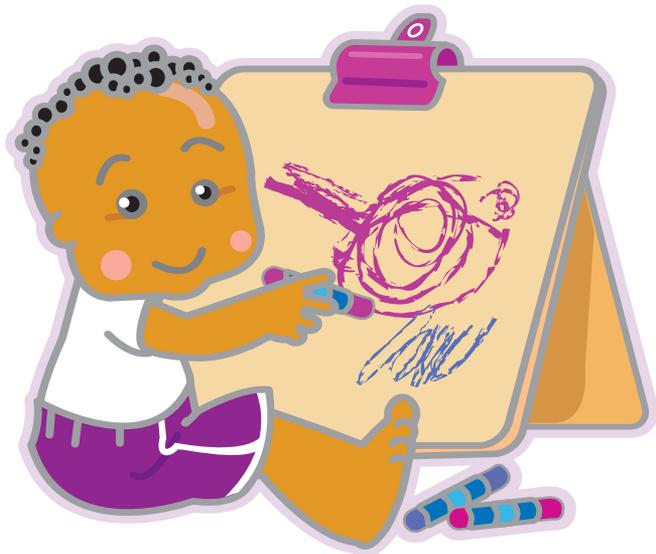
Experimental Drawing

Let your child experiment with drawing. Give him bright, very large crayons (broken so he can grasp them), felt pens or chalk, and lots of scratch paper to play with. At this age, his drawings will look like scribbles, but he is learning about color, and the hand-eye coordination of holding a crayon and getting it to mark on the paper. Draw along with him, tracing around his hand, or making a big face for him to scribble in. Describe what you are drawing as you draw. Have your child tell you about his picture. Make a comment about what he is scribbling, like:

I see red.

You drew beautiful red lines!

Drawing with your child helps him connect markings with objects, and learn about colors and shapes. This early scribbling will prepare him for writing and reading in the future.



You Say, I Say!

Your child will begin talking by saying one word at a time. She will learn many single words, and then will start putting two words and then three words together as she starts to build sentences. Help her build sentences, word by word. If she is saying single words, help her say two words that go together. For example, if she is climbing up stairs and says:

Up!

add another word like

Grace up! or **Mommy up!**

as you climb the stairs together. If she is putting two words together like “Mommy up!” then add a third word:

Mommy step up!

Your child is learning to build sentences when you add to her words. Repeating your one year old’s words back to her lets her know she is communicating with you and that you understand her.



Animal Pictures & Sounds

Your one year old can learn the names of animals and copy the sounds they make. Visit a farm or a local park with a duck pond. Take your child to see the animals and hear their noises live!

Find a book with several animal pictures in it at the library, swap meet or book store. Point to an animal and say its name and have your child repeat it. Then, make the noise the animal makes and see if she will copy the noise. For example:

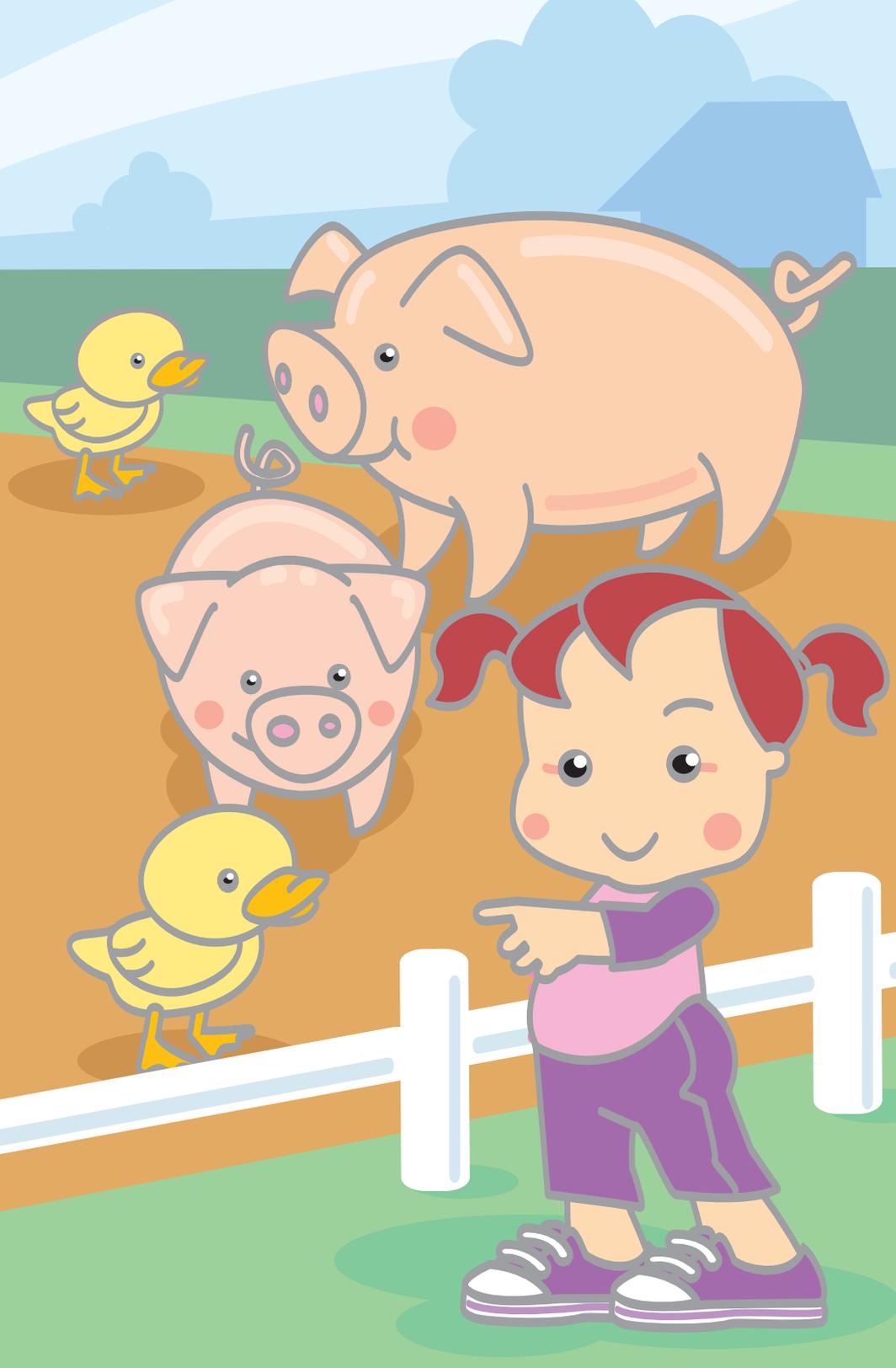
This is a duck. A duck says quack-quack!

Talk with your child about the picture. Tell her what color the duck is, and point to its eyes and feet and bill. Read through the book several times and see if your child can point out the animal and make its noise when you ask, **Where is the duck? That's right. What does the duck say?** You can make up songs or stories for her to respond. For example:

I'm a duck and I say _____.

Animal pictures and sounds are a fun way to teach your child words and sounds.





Bagging Groceries

Let your child help you “bag groceries” at home. Find several objects (food items or toys) that your one year old can hold and help you put into a grocery bag. Place the items on the floor and hold the bag. Ask your child to hand you one of the items. When she hands it to you, describe it and put it into the bag. For example, ask:

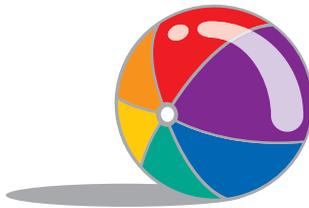
Does Isabel like apples?

This apple is crunchy and juicy.

It is red.

After your child has handed you a couple of items, see if she wants to put an item in the bag herself. As your child gets older, make this activity more fun by asking for items by name. For example, see if your child can hand you the apple, or the beans.

This activity helps your child learn new words and their meaning.



Talk about the Weather

When you are getting your child dressed each morning, talk with her about what you expect the weather to be that day. Is it sunny or cloudy? Hot or cold outside? Talk about the clothes you are putting on your child. For example, **It is very sunny outside today. It is going to be hot. Let's put on a short sleeved shirt and shorts so you will be cool.** When you go outside talk with your child about how the weather feels. **Do you feel the rain drops? They are wet!** At the end of the day, talk more about the weather that day. **It was raining today.**

Did you play outside in the puddles of rainwater? Did you get wet?

Talking together about the weather teaches your child words about temperature, clothes and feelings.



That's Me!

Have your child lie down on a big piece of paper and trace around his body on the paper with a crayon or marker (you can tape brown paper bags together to make a large sheet of paper, or you can draw with chalk on the sidewalk). Together with your child, draw in his eyes, nose, and mouth. Draw his hair and clothes and shoes. Talk with him about what you are drawing.

Here are your eyes!

Here is your nose!

**Do you know where your
mouth should go?**

This is a good chance to talk about how it is important to eat good foods for his body to grow strong. Don't worry if he scribbles on the paper as you draw. Just have fun marking together. Hang the drawing on a wall and point to the different things you drew, telling him each time what they are – eyes, nose, shirt, shorts and shoes.

Your one year old is learning words for parts of his body and clothes.



Going on a Color Walk

Take your one year old on a color walk around the house, or around the neighborhood. Start by picking one color, perhaps one that is easy for your child to say (or that he tries to repeat after you). As you walk around a room or the neighborhood, point out everything you see that is blue, and say the word over and over as you point to the object.

Look, this is a blue ball.

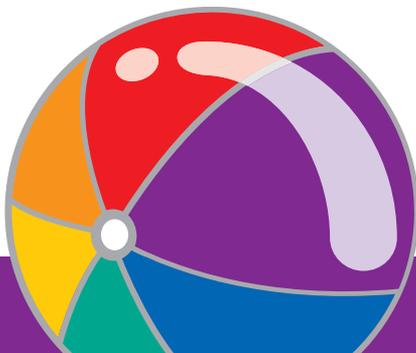
Here is a blue cup.

Your truck is blue.

Do you see anything blue?

Don't worry if your one year old doesn't put the word and color together right away – he is learning from hearing you say the word and seeing you point to the color. Keep to one color at a time so your child can understand easily.

Repeating the word for a color and showing your child the object will help your child learn his colors as well as the words that describe them.



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