



## Tips for Grandparents of a 1-Year-Old

You have an ongoing role to play in your grandchild's nurturing and development. Though you must carefully "re-childproof" your house as a grandparent (<http://www.healthychildren.org/English/safety-prevention/at-home/Pages/A-Message-for-Grandparents-Keeping-Your-Grandchild-Safe-in-Your-Home.aspx>), there are many wonderful things your grandchildren can do with grandparents.



Here are some activities in which you can participate and some things to keep in mind as you do:

### Motor Skills

Help your grandchild practice skills that tie in with your own likes and preferences. For example:

- Involve him in physical activities (*e.g. sweeping, preparing food, or arranging items*) around the house in which you can lend a helping hand to ensure his success and safety.
- Devise and initiate outdoor games and exercises that you and he can enjoy together.

### Cognitive Milestones

To help your grandchild develop cognitively:

- Read special books (<http://www.healthychildren.org/English/ages-stages/baby/Pages/Developmental-Milestones-of-Early-Literacy.aspx>) to him.
- Play music and sing songs with him.
- Assist him as he begins to learn his numbers.
- Play hiding games like hide-and-seek and peekaboo.
- Mix fantasy play with real play.

### Social Development

- Encourage your grandchild to interact with his peers, but keep in mind that egocentric behavior is normal for this age.
- Don't overreact to selfishness or disregarding the feelings of others. Just reinforce that he should be sensitive to the feelings of other children.
- Do not give her a motorized riding toy (<http://www.healthychildren.org/English/ages-stages/baby/Pages/What-to-Look-for-in-a-Toy.aspx>).
- Do not give her a toy with any small parts or sharp edges. Stick with toys that are intended for toddlers, not for older children.

### Water Safety

- Never leave your toddler, *even for a few seconds*, in or near any body of water without supervision. This includes a bathtub (<http://www.healthychildren.org/English/safety-prevention/at-home/Pages/Bathroom-Safety.aspx>), toilet, wading pool, swimming pool (<http://www.healthychildren.org/English/safety-prevention/at-play/Pages/Swimming-Pool-Safety.aspx>), fishpond, whirlpool, hot tub, lake, or ocean.

### Auto Safety

- The safest place for all children to ride is in their car seat (<http://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>) in the backseat.
- Never let your toddler climb out of his car seat while the car is moving.

- Keep in mind that this period of self-centeredness will taper off by the age of three.
- Nurture his self-esteem (<http://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx>) at every opportunity, but not at the expense of others. [Back to Top](#)

## Emotional Development

- Repeatedly tell your grandchild how special he is to you. Tell him how important your time together is to you.
- Don't overreact to the mood swings he goes through—clinging one moment, independent the next, and defiant after that.
- Don't reinforce his aggressiveness (<http://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Aggressive-Behavior.aspx>) if it becomes abusive. Set limits, but do not physically restrain or punish him. Follow your own inclinations about the activities or areas that can promote his development.

## Additional Information:

- Childproofing Tips for Grandparents (<http://www.healthychildren.org/English/safety-prevention/at-home/Pages/A-Message-for-Grandparents-Keeping-Your-Grandchild-Safe-in-Your-Home.aspx>)
- Car Seats: Information for Families (<http://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>)
- Tips for Grandparents Who Provide Child Care (<http://www.healthychildren.org/English/family-life/work-play/Pages/A-Message-for-Grandparents-Who-Provide-Childcare.aspx>)
- How to Shape & Manage Your Young Child's Behavior (<http://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/How-to-Shape-Manage-Young-Child-Behavior.aspx>)

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