

What's Special About Me at this Age?



Character Building

- My individual character is starting to show. I need you to observe me and nurture my unique interests and talents.
- I am beginning to assert myself by refusing to do what I am asked. I am also learning that I am not the boss! I am learning about authority and to consider others' needs.
- I am learning many rules and guidelines for life, which will be a foundation for me. I am learning what is dangerous and what is expected of me.
- I am becoming capable of new things all the time, such as putting toys away. Ask me to do these things as soon as you notice I am able. Praise me when I do helpful things without being asked.
- I am learning about sharing. If I take something from another child, don't make me give it back. Instead, talk with me about sharing and remind me of the importance of setting aside my own wants for the sake of others. When I share, praise me for giving something I wanted to help someone else.



Communication

- I speak in short sentences. I ask questions. I tell stories.
- Sometimes I babble, mixing in a few real words. My vocabulary is developing.
- I am learning the names for my clothes. I am learning the words for things I like to do.
- I don't always use finals well or pronounce words correctly. But, don't correct me at this age. Keep encouraging me to talk.



Skill Building

- I dress myself. I try to put on my outdoor clothes when I want to go out.
- I try to solve my own challenges without asking for help, such as trying to go somewhere I want to go.
- Girls like to look inside things, such as containers with lids. Boys are developing gross motor skills, such as by playing with hockey sticks, big tools, or equipment, like sleds.

Applying Inuit Values

Pilimmaksarniq (Becoming Skilled)



Description

Pilimmaksarniq means to become skilled. It is also about using our skills for the common good. If you use your skills only to serve yourself, you will not be satisfied or earn respect in life. *Pilimmaksarniq* teaches us that skills are useless without the right attitude of using them to serve others.

Process

Becoming skilled takes time and practice. Teach your child to always practice to improve their skills. Encourage your child to keep trying and not give up easily. Celebrate improvements, even small ones. This will motivate your child to keep trying. Encouragement, motivation and practice are essential for *pilimmaksarniq*.

Reminders!

- ✓ Children are more social and more mobile now. Teach them to wash their hands before they eat and after playing, visiting, and using the washroom.
- ✓ Protect young children's teeth. Brush children's teeth at least 2 times each day, with a soft brush. Add water to juice. Give the diluted juice in a cup, not a bottle.

Inunnguiniq

Childrearing Advice from Inuit Elders

12 to 18 Months



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About this Age

Children at this age are quite demanding. They want to do things, but can't do them independently yet. They are very active. They want to do things on their own, especially outside the home. They get frustrated easily and tend to whine. They can be very persistent to get what they want.

At this age, some children are very possessive. They want to say "mine!" They become upset if someone takes what is theirs. Teach the child to share with others.

Teach children of this age to help with small tasks, such as preparing meals and serving others. This teaches the child what is expected of them. Give the child many opportunities to practice small tasks. Encourage the child's efforts with lots of praise and appreciation. Giving direction is important at this age. This is when the *miksirniq* is established.

Children at this age are ready to learn more kinship terms, especially for everyone they have a close relationship with. They are also ready to learn special responsibilities connected with each relationship. For example, teach them to get slippers for their grandmother or to get their father's glasses for him.

At this age, children tend to have a big appetite, especially boys who move around a lot. Some children will want to big amounts of *mattaq*, butter, and fat. Be cautious not to give them too much or they might become sick.

What Parents Can Do

- **Set rules and stick to them.**
- **Allow only a small amount of TV.** Don't let TV become a teacher for the child.
- **Encourage walking.** Don't pick the child up all the time. Let them walk and go slowly for them.
- **Do not spoil the child.**
- **Encourage eating healthy foods.** Set a good example by eating healthy foods and encourage the child to eat what you are eating. Increase country foods. Limit store-bought foods.
- **Watch for possessiveness,** especially in an only child. Encourage sharing.
- **Encourage trying new things.** Support them when they show interest in trying a new activity, food, or task.
- **Encourage resilience.** Don't give too much attention to crying or whining. Children who learn to resort to crying will give up easily and not learn as fast.
- **Talk, talk, talk.** Use a lot of language all the time. The child is absorbing everything they hear.
- **Set positive goals and expectations.** When a young child envies what an older child can do, tell the young child that they will be capable, too, when they are older. Teach the child to develop positive expectations. This motivates them to keep trying. Give them small tasks that are at their skill level.

Parenting Skills to Practice for this Age

- Learn to communicate your expectations clearly. Develop your ability to impose consequences. For example, teach the child that if they fight over a toy, you will take the toy away for a while.
- Play with your toddler! Play dress up. Play outside as much as possible. Talk about and have them observe the natural world. Play games with rules. Teach them to follow the rules.
- At this age, children need to learn how to act around animals. Teach your child about dogs especially.

Tips for Parents

- ✓ If a child fights with another child, don't ask "Who did this to you?," because this would teach them to get you to intervene. Just soothe the child while they get their tears out.
- ✓ When a child doesn't get their way, they will often keep trying, such as by asking another adult. With children this age, use distraction to help a child move on from not getting their way.
- ✓ Speak truthfully about dangers and explain the safety rules you set. This will help the child understand and remember the rule.
- ✓ If a child gets hurt and cries, don't try to comfort them. Wait until they stop crying. Then, explain to them why they got hurt.
- ✓ Be firm. Young children will test adults, such as by reaching for something you've told them they can't have. Set rules and stick to them.