

Guidance and Discipline for Skill Building Age 1 Summary

Why Guidance and Discipline for Skill Building?

Guidance and discipline for skill building is not appropriate for one-year-olds. They cannot understand cause and effect. Any form of punishment will damage their relationship with you. If they engage in potentially unsafe, damaging, or harmful behavior to you or someone else, your goal is to redirect their attention to something else.

Your primary focus should be on growing a secure and loving relationship with your child and encouraging this with other caring adults as well. The focus should be on building safe, stable, nurturing relationships, which are the foundation of your child's healthy development.

One-year-olds are constantly learning about the world around them and how to interact with others. Even the basics, like how to eat and sleep and how other people react to them, are brand new. So when a one-year-old plays with something as if it is a toy, they are engaging in important learning by observing and exploring their world. They are not acting inappropriately or "acting up," but exploring and learning.

To support their healthy development, you want to keep them safe and encourage this exploring and learning. For example, when a one-year-old picks up your cell phone or turns over a cup, you can redirect their attention to something else, like their toy.

There will be lots of redirecting and encouraging. At times, this will be challenging and tiring for you. But remember, not only are they exploring objects, but they are also learning about how you react. Your reactions will form the basis of your relationship. A healthy relationship comes from repeated caring and loving interactions with you.

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