

ZERO TO ONE



THE PHASE
WHEN

AND ONE
MESMERIZING BABY

CONVINCES YOU,

"I NEED YOU NOW."

NOBODY
SLEEPS,
EVERYBODY SMELLS,



YOUR TODDLER IS CHANGING...

PHYSICALLY

- Sits, crawls, and walks (12-15 months)
- Walks backwards and sideways (15-18 months)
- Scribbles with crayons (15-18 months)
- Walks up and down stairs; jumps in place (18-24 months)
- Throws a ball overhead, briefly stands on one foot, and may demonstrate hand preference (24-36 months)

MENTALLY

- Follows simple instructions
- Benefits from repetition
- Unable to take the point of view of other people
- Doesn't comprehend time; often confuses past, present, future
- Learning is enhanced through music, movement, and art

VERBALLY

- Points to objects when you name them (18 months)
- Says 10-20 words, mostly nouns and pronouns (18 months)
- Says 40-50 words and form two word sentences (24 months)
- Says 300-400 words that may be difficult to understand (36 months)
- Still understands more than they can communicate

EMOTIONALLY

- Enjoys role-play activities
- Has trouble sharing and displays separation anxiety
- May begin to bite, scream, and throw tantrums
- Plays next to, rather than with, playmates
- Recognizes basic emotions in others

YOUR ROLE IS TO EMBRACE THEIR PHYSICAL NEEDS

Life for your toddler is pretty tough. Everything they want to do requires a new skill – from getting dressed to drinking from a cup to using the potty. But they are discovering their potential. So when you give encouragement, establish routine, and patiently let them try new experiences, you help them develop confidence.

THINKS LIKE AN ARTIST

You help them learn when you...
ENGAGE THEIR SENSES,

WANTS TO KNOW, "AM I ABLE?"

You capture their heart when you...
DEVELOP THEIR CONFIDENCE.

IS MOTIVATED BY SAFETY

You coach their moral abilities when you...
ESTABLISH A ROUTINE.



**IT'S JUST
A PHASE**

**SO DON'T
MISS IT**

EXPECT TO BE LATE DURING THIS PHASE.

Maybe you had to wait for your toddler to “do it myself” (just try and stop them). Or maybe they impressively filled a clean diaper just as you got into the car. Whatever the reason, this phase will make even the most punctual adult miss the mark occasionally.

YOU CAN ALSO LOOK FORWARD TO A FEW FASHION STATEMENTS.

Expect a few mismatched outfits, magic marker tattoos, sticker collages, and other various states of creative expression. In this phase, you will choose not only your battles, but also which messes will just have to be tolerated.

THE GREATEST TENSION OF THIS PHASE CAN BE SUMMED UP IN THE PHRASE, “I CAN DO IT.”

Their struggle for independence has begun. You feel it the first time they try to feed themselves and dump applesauce down the front of their shirt. Just remember, they are not only learning new skills, they’re also developing the confidence they need in order to move on to the next phase.

YOU GIVE YOUR PRESCHOOLER A FIRST IMPRESSION OF GOD.

When you EMBRACE your preschooler’s physical needs, you help them...

**KNOW GOD’S LOVE.
MEET GOD’S FAMILY.**

Practically speaking, that means every week you have an opportunity to...

CONNECT WITH A FAITH COMMUNITY.
SING FAITH SONGS LIKE “JESUS LOVES ME.”
READ OR RE-ENACT BIBLE STORIES
REPEAT A SIMPLE MONTHLY IDEA LIKE :



You can do these things by taking advantage of the time you already spend together.

MORNING TIME

SET THE MOOD FOR THE DAY.

Smile and greet them with words of love.

DRIVE TIME

TALK TO YOUR TODDLER.

Reinforce simple ideas, and sing songs as you go.

BATH TIME

WIND DOWN TOGETHER.

Reinforce comfort as the day draws to a close.

CUDDLE TIME

BE PERSONAL.

Spend one-on-one time that communicates love and affection.

IT'S JUST A
PHASE
SO DON'T MISS IT

PHASE

A TIMEFRAME

IN A KID'S LIFE WHEN YOU CAN

LEVERAGE

DISTINCTIVE OPPORTUNITIES TO INFLUENCE

THEIR FUTURE.

YOU HAVE 884 WEEKS AND COUNTING.