

# Growth and development of a 1-year-old child

## 1-vuotiaan kasvu ja kehitys (englanti)



At the age of one, a child goes through important changes in growth and development. The child eagerly explores their surroundings and begins to express their own will. It is important that the child receives plenty of closeness and lap time from their parent.

### **Nutrition and eating**

At the age of one, the child is learning to eat and drink by themselves. They can eat the same food as the rest of the family and drink regular milk. Shared family mealtimes support the development of healthy eating habits. The child follows the example of other family members.

It is normal for a child's appetite to vary. Sometimes the child may eat only small portions. Offer food regularly, 4 to 5 meals a day. The regular mealtimes and a varied diet help the child stay energized and active throughout the day.



The child is learning to eat and drink by themselves.

It is important for the whole family to eat together.

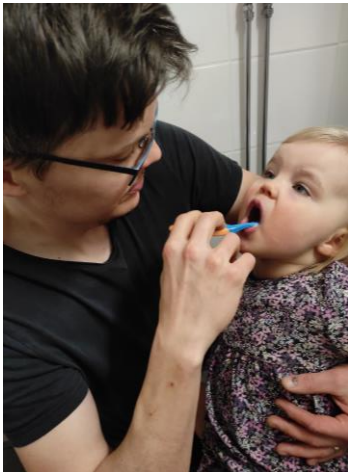
Offer food regularly, 4 to 5 meals a day.

## Use of bottle and pacifier

### Oral health

Bottle use should be stopped. The child can drink from a straw cup or a regular cup. Pacifier use should be stopped by the age of two. Prolonged use of a pacifier may increase the risk of tooth decay and affect the alignment of the teeth.

Brushing teeth with children's fluoride toothpaste in the morning and evening is an important routine. The child can be given a xylitol pastille after each meal.



Offer the child a drink from a cup, glass, or straw cup.

Brush the child's teeth morning and evening with fluoride toothpaste.

Give the child a xylitol lozenge after every meal.

## Daily rhythm and sleeping

The daily rhythm of a 1-year-old is fairly regular. The child sleeps a total of about 11 to 15 hours in 24 hours. Usually, the child takes one or two naps during the day. It is common for the child to wake up a few times during the night. Some children sleep through the night without waking.

It is good to practice independent falling asleep with the child. Familiar and consistent bedtime routines help the child to fall asleep. Healthy food and outdoor activities also support good sleep.

The child can practice sitting on the potty, but usually a 1-year-old is not yet fully toilet trained. The child can also practice dressing and undressing.



## Physical activity and outdoor play

A child usually learns to walk around the age of one. Some children start walking earlier, while others may begin closer to 18 months. The child is also eager to climb.

Make sure your home is safe so the child can explore their surroundings as safely as possible. It is important to keep medicines, cleaning products, and sharp objects out of reach.

The child needs weather-appropriate shoes and clothing for outdoor activities. In Finland, waterproof outerwear is needed in spring and autumn, and warm clothes in winter. During summer, it is important to protect the child's skin from the sun's UV rays with sunscreen and lightweight clothing.



The child's shoes should be flexible and soft. There must be enough room for the toes in the shoes.



For winter, it is important to choose shoes that are warm enough for the child.



It is important to check the child's foot size regularly to ensure the shoes are neither too small nor too large.

## **Development of own will**

The child enjoys playing and spending time together with the parent. The child also begins to show interest in other children and enjoys playing alongside them.

The child practices expressing their own will. The child may cling to the parent and feel shy or wary around people outside the family. A familiar toy or comfort blanket provides security when the child is away from their parent. As the child grows, they often want to do things more independently.

The child learns different rules and instructions. It is important for the parent to set boundaries. This may cause the child to become angry or frustrated. Parents should not be afraid of the child's anger but should calmly and firmly maintain the boundaries. This helps the child tolerate feelings of disappointment and learn that not everything is allowed or possible.

Offer the child opportunities to calm down while being held, so they feel loved even when upset. Along with boundaries, the child also needs plenty of affection and admiration.





## Speech development

A child usually says their first word around the age of one. Closer to two years old, some children begin to speak sentences of two or three words. Every child learns to speak at their own individual pace. You can support the child's speech development by talking a lot with them. Name objects and things, and read books to the child.

If a child is exposed to multiple languages, speech development may be a little slower. It is important for parents to speak their native language to the child. This makes it easier for the child to learn other languages as well. Watching television or videos is not recommended at all for children under two years old.





**Euroopan unionin  
osarahoittama**

## **Niitty 2 Project 2023–2026**

Working together with immigrant  
families for a better everyday life

More information about the project:

<https://projects.tuni.fi/niitty2/>

Family Info Material Portal:  
[tuni.fi/perheinfo](https://tuni.fi/perheinfo)

### **Sources and further Information:**

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