



Year 1 Developmental Guide

Physical

- **Gross Motor: Movement and Coordination:** Moves from place to place: Walks more often than crawling; squats to pick up object on floor and returns to standing with little difficulty. Moves smoothly from sitting to standing, climbs and turns around to sit in chair.
- **Fine Motor:** Uses hands alone and in coordination with eyes: Fits two cups together, one inside the other, turns the pages of a book and points to pictures while being read to.

Social and Emotional

- **Self Concept:** Shows preferences, likes and dislikes
- **Self Control:** Begin to test social boundaries. Experience feelings of power and pride; test limits and expectations to find out who is in charge (uses “no” often, gets upset when he doesn’t get his way, and has trouble sharing”).
- **Cooperation:** May interact with another child for a short period of time. Reach out to touch another child; may push child who interferes with his play, may offer toy to another child; imitate other children; play side by side with peers with adult supervision, and demonstrate give and take.

- Enjoy imitating the actions of adults. Carry a purse around room; ask for help to dress up like mom or dad; take care of “baby”.
- Begin to engage in social play with other children. Interact with another child for 1 or 2 minutes.

Relational Spiritual

I’ve learned in my (short one year) experience as a mother, that I have to be intentional in training, teaching, and disciplining my son. None of these things happen naturally and it takes extra thought and effort on my part to incorporate them into our days.

Just like parents have to be intentional about our relationship with Jesus, you also have to be intentional about teaching your children about Jesus, and it’s never too early to start! At this stage in your child’s life, the biggest task as a parent is to disciple your children as followers of Christ.



Birthday Blessing:

One of the biggest memories of our children is their 1st birthday. We remember the smushed cake on the face, the tearing of presents, and the belly laughs of a child who knows they're the center of attention. What if we took the time to make this day even more special by extending a birthday blessing for our child? This birthday blessing will be one that you'll share at your child's 1st birthday with friends and family present, so they can truly hear your heart's desire for your child and can partner with you to make sure those dreams become reality.

Kickstarter 1: WHO they are

You've lived with your little bundle of joy for a few months now, and you've begun to see his/her personality, the preferences, the habits, the disposition. You're beginning to see WHO they really are. John and Stasi Eldredge state simply, "Every little boy needs to know he has what it takes. Every little girl needs to know you delight in her." Even though every child has the same basic need, God has uniquely created your child.

Psalm 139:1-14 beautifully illustrates how intrinsically and uniquely made we are:

1 You have searched me, LORD, and you know me.

2 You know when I sit and when I rise; you

perceive my thoughts from afar.

3 You discern my going out and my lying down; you are familiar with all my ways.

4 Before a word is on my tongue you, LORD, know it completely.

5 You hem me in behind and before, and you lay your hand upon me.

6 Such knowledge is too wonderful for me, too lofty for me to attain.

7 Where can I go from your Spirit? Where can I flee from your presence?

8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

9 If I rise on the wings of the dawn, if I settle on the far side of the sea,

10 even there your hand will guide me, your right hand will hold me fast.

11 If I say, "Surely the darkness will hide me and the light become night around me,"

12 even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

13 For you created my inmost being; you knit me together in my mother's womb.

14 I praise you because I am fearfully and



wonderfully made; your works are wonderful, I know that full well.

Take a moment to think about your child. This little one that God has given to you, how has God made him/her unique? List a few characteristics/personality traits you already see in your child. In what ways is he/she fearfully and wonderfully made? Take a moment to define your child's "something special!"

Kickstarter 2-WHO you want them to become

It's so easy as a parent to get caught up in the discipline part of parenting, emphasizing what we want our children to DO and not DO, when instead our focus should be on WHO we want them to be! The difference moves from focusing on performance to character. The basic question we want to ask is not, "What do I want them to do," but, "Who do I want them to become?"

This kickstarter is designed to be a simple think tank, to move through a few questions that will help you figure out/put words to WHO you want your child to become. Go ahead and reread Psalm 139:1-4, then take some time to think through and answer the following questions:

1. What were some character traits you struggled with as a child/teen?
2. Why were those a struggle?
3. What character traits came easy to you growing up?
4. What are the most important character traits I want my child to develop?
5. What makes each character trait you listed important to you?

Kickstarter 3-Choosing to FOCUS

The bottom line is that we can want LOTS of things for our children. During this kickstarter, we want you to narrow your focus. During the 2nd kickstarter you answered a few questions that helped spur your thinking towards WHO you want your child to become. Get that list out and lets process it to narrow the focus.

We need to define the target. If we say we want our child to be honest, loving, considerate, compassionate, humble, a leader, etc. and blah, blah, blah, the target is wide and moving. We want to create an easily identified target so that we know EXACTLY what to aim for. So look at the list from Kickstarter 2 and pick 2 to 3 character traits that are of utmost importance to you to use as your focus for the birthday blessing.

Jeremiah 29:11 says,



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

God has a specific plan for your child. What’s your plan in raising this gift God has entrusted to you? By picking out two to three characteristics and indicating why those are important, you get your parenting focus. If it’s vital to you that your child is honest, you’ll take lying very seriously. You’ll use the planning guide to help you write out the birthday blessing that will be shared during your child’s first birthday party.

Francis Chan says, *“Our greatest fear should not be of failure, but of succeeding at things in life that don’t really matter.”* What really matters to you when it comes to the character of your child?



Birthday Blessing Family Experience

Your child's first birthday will be a once in a lifetime moment. It will be the 1st, and maybe only, time your child is covered head to toe with cake, and it's OK. In fact, it's endearing, and we're upset if they don't smear it all over. Our desire is to make this birthday even more memorable by sharing a birthday blessing you'll write and share with friends and family at your child's first birthday party.

To write the birthday blessing you've done 3 Kickstarters which have helped with processing what's truly most important to you in raising your little one. You've identified the characteristics most important to you and why they're important.

Now it's time to put this in written form so that you can share it with the people present at your child's 1st birthday party. This happens best when it's written as a letter from you to your child, a letter telling him/her those characteristics you value most, why they're important, and how you plan to instill them in your child. We ask you to share this with the friends and family present at the birthday because they'll be the ones to help you make this goal possible. They'll encourage your child in these

characteristics because they'll know them too.

In the birthday blessing letter to your child, you'll include:

- **2-3 characteristics that you want to develop in your child**
- **why those characteristics are important**
- **how you plan to parent in order to teach these characteristics**

Capitalize on this moment by making it into something that can be referenced throughout your baby's childhood. Frame it and keep it visible. Put it inside a baby book/scrapbook. It would be great to share this birthday blessing at every birthday. Even reading it every year on your child's birthday with the immediate family would increase the likelihood that this blessing would become more than just words in your child's life, but actual reality.

See the sample birthday blessing as a frame of reference for writing your child's birthday blessing.

Sample Blessing

Dear Sam,

We are so grateful for God's gift of you to us. This first year, we have noticed how much of an independent spirit you are. You are able to keep yourself preoccupied playing because of the amazingly creative personality God has instilled in you.

Our greatest desire is for you to grow to be someone who displays the love of Jesus. As you grow, you'll come into contact with tons of people, all of which have been uniquely created by God. We want you to see them the way God does. As your parents, we will try our best to model this for you.

We also want you to live a life full of adventure. We want you to be a risk taker. We definitely already see this in you, and although it can be a little scary at times, we know God can use this character trait He's put in you. We want you to live life full throttle, making the most of every moment. We'll try not to inhibit this risk taking characteristic too much.

We love you and are grateful that we've already seen sparks of creativity, risk taking, and compassion in you. We'll do our best to help you become the person God has created you to be and not just the person we want you to be.

-Mom and Dad