

RHYTHMS & RESPONSES

Authentic Faith

This year you will **incite wonder** so your child will know God's love and meet God's family.

Your one-year-old listens to your words. So this phase is the perfect time to begin talking, singing, and praying together with your toddler.

Begin by simply incorporating faith into your daily routines.

Say things like...

God, thank You for...
God, please help us...

Pray aloud while you are
with your one-year-old.

God made me. God
loves me. Jesus wants to
be my friend forever.

Jesus loves me.

Sing songs together.

Parent Cue Times



Morning Time

Set the mood for the day. Smile. Greet them with words of love.



Drive Time

Reinforce simple ideas. Talk to your toddler and play music as you go.



Cuddle Time

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



Bath Time

Wind down together. Provide comfort as the day draws to a close.

PHASE SUMMARY

One-Year-Old

 goodshepherdkc



The phase when nobody's on time, everything's a mess, and one eager toddler will insist, **"I can do it."**

Expect to be late.

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.

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.

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, by letting them do some things “myself,” they’re not only learning new skills, they’re also developing the confidence they need in order to move to the next phase

**It's just a phase,
so don't miss it.**



In the One-Year-Old phase, your role is to embrace their physical needs.

Your toddler’s changing ability is a crisis—for you, and for them. This is a season filled with uncertainty, imperfection, and even failure as they struggle to keep up with all their newly developing skills. The way you consistently meet their needs, engage their senses, and provide discipline will help them develop confidence.



**Preschoolers think
like an artist.**

You help them learn
when you...
engage their senses.



**Preschoolers want to
know, “Am I able?”**

You capture their heart
when you...
develop their
confidence.



**Preschoolers are
motivated by safety.**

You coach them
when you...
respond consistently.