



Health, Activity,
Nutrition, Development,
Safety, Together

Issue 6

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My Development 18-24 Months

For Further Information, consult the book *Babies Best Chance* either online or at your local Public Health Office.

Langley Early Child Development Committee

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By twenty-four months...

Things I like...

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Health

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Things I like...

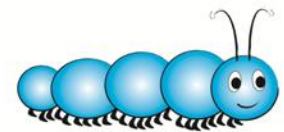
- I like to explore textures such as play dough, sand, and water. Different sized containers, funnels, plastic cars and toy animals add to my fun.
- Give me balls to play with so I can practice kicking and throwing.
- Take me to places where I can play beside other children.
- I like to push and pull toys when I'm walking.
- I am starting to fit toys together such as simple puzzles, shape sorters, and blocks.
- Draw with me. I try to copy what you do (circular scribbles, lines).
- Take me to the park so I can practice climbing and running.
- Look at books and sing with me as part of my daily routine.
- Ask me to point to or find familiar objects, body parts and pictures.

By twenty-four months, I can...

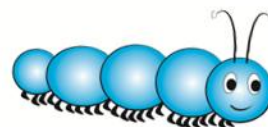
- Feed self with spoon and drink from an open cup with little spilling
- Pull a toy when walking
- Use 2-3 word sentences
- Say about 200 words and understand many more
- Point to and name pictures in a book when asked
- Stack 5-7 small blocks
- Point to and name a number of body parts
- Eat most foods without coughing and choking
- Walk up and down stairs holding on for support
- Run, jump, and climb
- Scribble on paper
- Play on my own but also enjoy being with other children
- Copy people around me (i.e. comb hair, talk on phone, etc).



Things we can do together...



- I may not always want to do what you want me to do. Let me try to do things my way when it is safe.
- Please accept my likes and dislikes; they may not be the same as yours.
- Bed, meal and play time routines help me know what to expect. Talk to me about what we are doing next.
- I am not trying to be difficult when I tantrum. I may be frustrated or practicing my independence. Be patient and show me what you want me to do rather than telling me what not to do.
- Your positive attention and praise encourages me.
- Teach me by example. I like to copy what you do.
- Help me use words to share my feelings, needs and wants.



Nutrition

- Milk and water are best for me. Limit juice to half a cup a day or give me fruit instead. Adding water to juice does not make it safer for my teeth. I may not eat enough if my tummy is full of liquid.
- Offer drinks during meal and snack times rather than constant sipping throughout the day.
- I am ready to drink from an open cup. Give me drinks when I am sitting.
- I love to feed myself table foods that are cut up. Let me practice using a spoon and fork.
- I still need my hot dogs and grapes cut lengthwise. Don't give me nuts, seeds, popcorn, candies and raw carrots.
- I know best when I am full. Sometimes I will eat a lot and sometimes just a little.

Health

- I'm not ready to begin toilet training.
- Wash my hands with soap and warm running water. Show me how to rub on top and between my fingers to get the germs off. Wash for the time it takes to sing Happy Birthday (15 seconds).
- The last of my baby teeth are coming in (two year molars).
- Remember my 18 month shots.
- I like to practice brushing my teeth but still need you to brush them for me.
- Help me say "bye" to my soother by giving it to me at sleep time only.
- Have my hearing tested if I am not talking or responding to sounds.
- Have my eyes checked if you have any concerns about my vision. Show me healthy habits. Wash our hands after every diaper change and before eating.

My Development...

- I am learning to run, jump and stand on one foot.
- I walk up and down stairs holding on for support.
- I say many words and understand even more. I put two to three words together (i.e. want more water, car go)
- I point to and name pictures in books.
- I climb to reach for things that I want.
- I am beginning to problem solve (i.e. using a wooden spoon to bring a toy into reach).
- I stack small blocks and line them up too.
- My imagination is developing. I pretend to feed my stuffed toys.



- I know the names of body parts.
- I sit for short times to explore toys and listen to books.

My Safety...

- Sit with me while I eat and drink.
- Secure furniture to the wall as I like to climb.
- I do not understand danger. Watch me closely as I can climb and run.
- Remind me to sit in my bath on a non-slip mat so I don't slip and fall. Never leave me alone for any reason.
- I could drown in any amount of water, including toilets and buckets.
- I am curious and more able to figure things out. Double check that all doors, cupboards, and windows are safe and secure.
- I enjoy outings. Keep me safe and away from danger by strapping me into my stroller, holding my hand, or using a wristband.
- Check that my car seat straps fit properly each time I use it.



United Way
Lower Mainland