

## Toddler Visit #17

- 20 Month Growth & Development
  - Family Strengths & Culture



### Topics for Next Visit:

- PIPE: Love is Letting Go
- ASQ Activities: 20-24 Months

## Month 20: What's New?

### Learning about me...

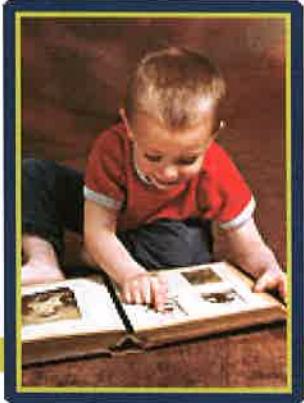
I've been learning to do new things with my body. Things I did this month with:  
my head...

my face...

my hands and arms...

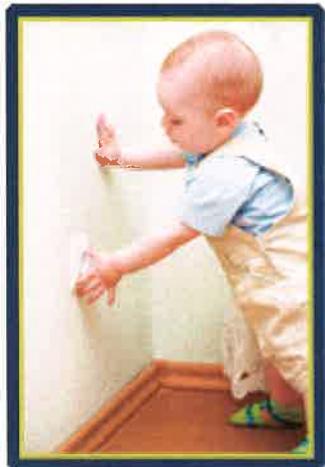
my legs and feet...

my whole body...



### REMEMBER!

I like to put things in  
and out. So be sure all  
electric wall sockets  
are covered!



I like learning about my family.  
It's fun to look at pictures of  
people in my family!

### Learning about you...

I make you happy when I...

You get scared when I...

You feel sad when I...

You get angry when I...

It makes you laugh when I...

## Month 20: What's Next?

### At 20 months I might:

- Jump up when you show me how. Maybe even jump over a stick.
- Squat down to play with toys.
- Walk up stairs without help.
- Throw a ball overhand.
- Turn door handles, if I haven't done it before.
- Copy what I see you doing. Try to say what you say. Mostly things I hear a lot.

### You can help me learn!

- Give me a name for what I might be feeling. "You sound sad." "You sound angry."
- Use only 2 - 3 words when you want to correct me like: "Be gentle", "Please sit".
- Help me know what to do when I feel angry. Like jumping up instead of hitting.
- Show me new ways to use my legs. Like jumping. Squatting. Kicking a ball. (I might be able to do some of these already.)

### SAFETY CHECK

I love to explore. I can do so much with my body now. That means I can get into more trouble.

Check the house for things that could hurt me. Also check other places where I spend a lot of time. (Like daycare or Grandma's house.)

# A Love Letter



Dear \_\_\_\_\_,

I love you!

I know you love me too because \_\_\_\_\_.

We have fun together! My favorite way to play with you is

You feed me yummy food! The food I like best is \_\_\_\_\_.

I know you love me because you take care of me! One way you take care of me is \_\_\_\_\_ and another way is \_\_\_\_\_.

Even when I am having a bad day you still \_\_\_\_\_  
and \_\_\_\_\_.

You do your best to keep me safe and healthy. You do this by

You are a good provider! Even when money is tight you provide me with  
and \_\_\_\_\_.

Thanks for all you do for me!

Love,

## A Letter to Mommy

Dear Mommy,

I love you! I know you love me too because \_\_\_\_\_.

We have fun together! My favorite way to play with you is \_\_\_\_\_.

You feed me yummy food! The food I like best is \_\_\_\_\_.

I know you love me because you take care of me! One way you take care of me is \_\_\_\_\_, and another way is \_\_\_\_\_.

Even when I am having a bad day you still \_\_\_\_\_ and \_\_\_\_\_.

You do your best to keep me safe and healthy. You do this by \_\_\_\_\_ and \_\_\_\_\_.

You are a good provider! Even when money is tight you provide me with \_\_\_\_\_ and \_\_\_\_\_.

I love you. I know you love me too! Thanks for all you do for me, Mommy!

Love, \_\_\_\_\_



## A Letter to Daddy

Dear Daddy,

I love you! I know you love me too because \_\_\_\_\_.

We have fun together! My favorite way to play with you is  
\_\_\_\_\_.

You feed me yummy food! The food I like best is \_\_\_\_\_.

I know you love me because you take care of me! One way you take care of me is \_\_\_\_\_, and another way is \_\_\_\_\_.

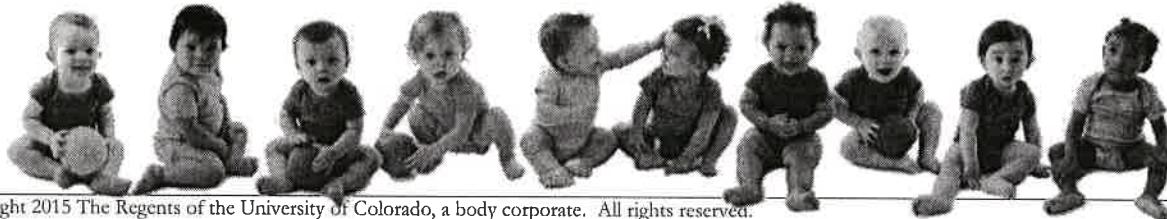
Even when I am having a bad day you still \_\_\_\_\_ and  
\_\_\_\_\_.

You do your best to keep me safe and healthy. You do this by  
\_\_\_\_\_ and \_\_\_\_\_.

You are a good provider! Even when money is tight you provide me with  
\_\_\_\_\_ and \_\_\_\_\_.

I love you. I know you love me too! Thanks for all you do for me, Daddy!

Love, \_\_\_\_\_



## Being a Dad

We see dads on TV all the time. Some TV dads have good qualities. Other TV dads have qualities that aren't so good.

*What TV dads can you think of?*



*Which TV dad do you want to be like? What do you like about him?*

| Good Qualities for Dads |            |
|-------------------------|------------|
| Patient                 | Flexible   |
| Constant                | Fun        |
| Playful                 | Thoughtful |
| Loving                  | Wise       |
| Kind                    | Calm       |

*What other qualities does a dad need?*

*Which of these qualities are you best at?*

## Being a Dad

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### **Thinking back...**

*One thing I wish someone had told me about being a dad is...*

*Something I have learned about being a dad is...*

### **Thinking ahead...**

*Dreams I have for my child are ...*

*A new way I'd like to spend time with my child is...*

*Some advice I would give to new dads...*

## Family Strengths

Families have good times and bad times. Families take care of each other. This keeps them happy & healthy.

All families have strengths. A **strength** is something you do well. What are some of your family strengths?

| <i>List your family strengths. Your Nurse Home Visitor will share her thoughts.</i> | I think my family strengths are: | My Nurse Home Visitor thinks my family strengths are: |
|---|----------------------------------|---|
| <b>Our Health</b><br>What does my family do to stay healthy?                        |                                  |   |
| <b>Our Child</b><br>What does my family do to keep our child healthy?               |                                  |   |



## Family Strengths

|  |  |  |
|--|--|--|
| <b>Our Home</b><br>What does my family do to keep our home safe?       |  |  |
| <b>Our Life</b><br>What does my family do to get ready for the future? |  |  |
| <b>Our Friends</b><br>What does my family do to build friendships?     |  |  |
| <b>Our Community</b><br>How does my family get help when needed?       |  |  |

## Keeping My Family Happy

Life is easier when families get along. And more fun! You can find ways to keep your family happy and healthy.

What are some good things your family does together?

*Example: Every Friday night we get frozen pizzas from the store. Then we have a pizza party!*

What are some things that your family does to show respect to each other?

*Example: We try to say “please” and “thank you” to each other.*

What are some ways that your family shows love to each other?

*Example: We kiss each other goodnight before bed every night.*



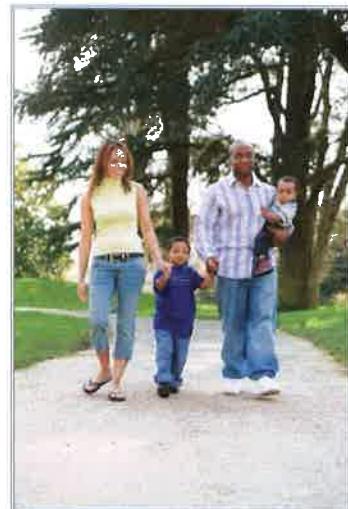
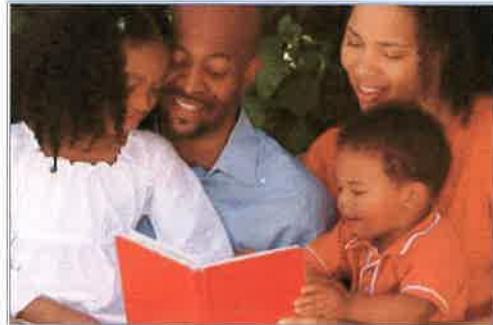
## Keeping My Family Happy

How does your family show kindness when someone is upset?

*Example: We listen to their feelings first before we react.*

What are some new bonding activities you would like to try with your family?

*Example: I would like for my family to start going on walks together.*



## My Culture: What Would You Like to Tell Me About?

