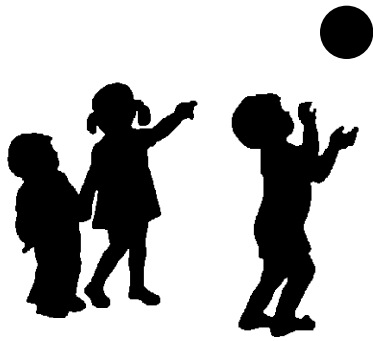


# 18-24 Months



# AGES & STAGES

Welcome to the world of toddlerhood! This stage brings a greater sense of independence to your child as he or she learns to walk, run, and climb with greater skill. Your little one now loves to imitate everything you do. Pretending to talk on the phone is a favorite activity.

## Physical development

- weight: 20-32 pounds
- length: 30-37 inches
- walks well
- likes to run, but can't always stop and turn well
- drinks from a straw
- feeds self with a spoon
- helps wash hands
- stacks 4-6 blocks
- tosses or rolls a large ball
- opens cabinets, drawers, and boxes
- bends over to pick up toy without falling
- walks up steps with help
- takes steps backward
- enjoys sitting on, and moving small-wheeled riding toys
- begins to gain some control of bowels and bladder; complete control may not be achieved until around age 3 (boys often do not complete toilet learning until age 3 1/2)

## IDEAS FOR PARENTS

- Enjoy dancing with your child to music with different rhythms.
- Talk with your child about everyday things. After 18 months, he or she will learn new words at a rapid rate.
- Read simple books with your child every day. Choose books with cardboard or cloth pages and encourage your child to turn pages.
- Make your own scrap book of objects or people he or she knows by using a small photo album.
- Encourage language development by expanding on what your child says. When your child says "kitty" you can say "Yes, the kitty is little and soft."
- Play a simple game of "find." Place three familiar toys in front of your child and say, "Give me the \_\_\_\_." See if he or she tries to find it and hand it to you.
- Encourage your child to play dress-up by providing a full-length mirror on the wall and a "pretend box" filled with caps, scarves, and old shoes.

## Mental development

- has a vocabulary of several hundred words, including names of a few toys
- uses two to three word sentences
- echoes single words that are spoken by someone else
- talks to self and "jabbbers" expressively
- has "favorite" toys
- likes to choose between two objects
- hums or tries to sing
- listens to short rhymes or finger-plays
- points to eyes, ears, or nose when asked
- uses the words "Please" and "Thank you" if prompted
- enjoys singing familiar songs



## Social and emotional development

- likes to imitate others
- begins to show signs of independence; says “no”
- has difficulty sharing
- very possessive
- finds it difficult to wait and wants it right now!
- gets angry sometimes and has temper tantrums
- acts shy around strangers
- comforts a distressed friend or parent
- refers to self by name
- uses the words “me” and “mine”
- enjoys looking at picture books
- tries to do many things alone
- enjoys adult attention
- enjoys pretending (wearing hats, talking on phone)
- enjoys exploring; gets into everything, and requires constant supervision
- generally unable to remember rules
- often gets physically aggressive when frustrated — slaps, hits
- shows affection by returning a hug or kiss
- may become attached to a toy or blanket

## Toys

- pegboard and pegs, pounding bench, shape sorter
- snap and lock beads, ringstack, plastic jar with lid and containers, beads to string, nesting cups
- soft, huggable dolls (large), teddy bear, soft balls of different sizes
- animal pictures (large), musical records or tapes
- crayon and paper, play dough
- push cart, riding toy, toy telephone

File: Family life 8

Written by Lesia Oesterreich, extension family life specialist. Edited by Muktha Jost. Graphic design by Valerie Dittmer King.

# BOOKS

## Books for parents

*Your Baby and Child, From Birth to Age Five*, Penelope Leach

*Caring for Your Baby & Young Child, Birth to Age Five*, American Academy of Pediatrics, Steven P. Shevlov, ed

## Books for children

*All About Baby*, Stephen Shott

*Animal Time*, Tom Arma

*Bunny and Me*, Adele Aron Greenspun

*Goodnight Moon*, Margret Wise Brown

*The Little Quiet Book*, Katharine Ross

*Trucks*, Byron Barton



## A word on development

Your child is unique. His or her learning and growth rates differ from other children the same age. If, however, your child is unable to do many of the skills listed for this age group, you may wish to talk to an early childhood specialist. You are the best person to notice developmental problems, if any, because of the time you spend with your child. If your child has special needs, early help can make a difference. If you have questions about your child’s development or want to have your child assessed, contact:

- Your pediatrician or health care professional
- Area Education Agency—Early Childhood Special Education Department
- Iowa Compass 1-800-779-2001.

Contact your county Extension office to obtain other publications about children, parenting, and family life.

The developmental information provided in this bulletin has been compiled from a variety of professional resources to help you understand your child’s overall growth. It is not a standardized measurement tool.

### ... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-WV, Whitten Building, 14th and

Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jack M. Payne, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.