

0-3 Months

A lot happens during your baby's first three months. Most babies reach certain milestones at similar ages, but infant development isn't an exact science. Expect your baby to grow and develop at his or her own pace. As you get to know your baby, consider these general infant development milestones.



Language and Communication

Your baby's response to what they hear and see in the environment.

- **During Diaper Changes:** Encourage your infant to turn his or her head side to side to locate your voice.
- **During Playtime:** Place your baby forward facing on your lap. Talk to your baby using a gentle calming and soothing voice. Sing a favorite lullaby.
- **During the Day Time:** Your baby may startle at sudden loud/unexpected noise. That is ok! Provide comfort/reassurance as needed.
- **During Bath Time:** Talk to your baby. You may see some mouth movements and hear some cooing noises in response to your vocalizations.
- **During the Day Time:** Your baby may indicate differentiated cries (hunger, pain, fussiness). Be aware and notice them. Provide comfort measures to meet your baby's needs in the moment.
- **During Bedtime:** Read to you baby. Infants love the sound of your voice. They may begin to see eye movement and locate your face/smile in response to your voice.
- **During Play Time:** Black and white board books are great visual stimulation for infants at this age to have out during the day and for tummy time!



Movement/Physical Development

Your baby's use and coordination of their hands, arms, and legs.

- **During Playtime:** Vary your baby's positioning throughout the day. Provide many opportunities to be on the floor to encourage reaching, grasping, kicking, and batting toys. Your baby may begin to open his or her fists to hold onto your finger.
- **During Feeding:** Allow your baby to reach his or her hands toward the bottle/breast, spoon, and or your face/hair as they begin to explore your features.
- **During Tummy Time:** Lie down next to your baby on the floor to encourage your baby to lift his or her head. Be ready for your baby to begin rolling over in one or both directions. Place a toy nearby on either side of your infant.
- **During Playtime:** Your baby will begin to touch feet to a flat surface, make movements and maybe even bear some weight on legs/feet if while you hold them in an upright position.

Pre-Literacy - Favorite books for 0-3 months old



On the Night You Were Born
by Nancy Tillman



Full, Full, Full of Love
by Trish Cooke



Look, Look!
by Peter Linenthal



Time for Bed
by Mem Fox



Social Emotional Development

Your baby's social experience and relationship with others.

- **During Play Time:** Your infant may spend a lot of time looking at your face. Examining your features. You may even see your infant imitate you if you stick out your tongue.
- **During the Day:** Your infant may cry and respond by stopping briefly when being talked to, held, and comforted.
- **During Diaper Changes/Bath Time/ Getting Dressed:** Provide your infant with lots of a positive words, soothing voices, and facial expressions to share your love and affection towards them.

Cognition

How your infant explores the world around them.

- **During Play Time:** Gently move a rattle or toy side to side and watch your baby visually track the object within his or her sight.
- **During Play and Feeding Time:** Your baby may explore his or her hands, fingers, and or fist by sucking on them. He or she may also put a toy to his or her mouth in exploration. This is a positive way for infants to learn the properties of objects while exploring various textures.

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3-6 Months

Life with your baby between three and six months is changing quickly. Your baby will become stronger and more mobile. This is an exciting time for both of you. Your little one is out of the newborn stage and is now starting to show their personality. They are becoming more aware of their surroundings and learning new things day by day.



Language and Communication

Your baby's response to what they hear, see, and react to the environment.

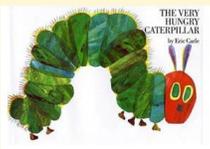
- **During Diaper Changes:** Talk to your baby. Listen for cooing, squealing gurgling, and babbling, even blowing raspberries in response to your interactions.
- **During Playtime:** Play simple social games such as Peek a Boo. Pause, wait, and see if you get a smile or see your baby's eyes widen as they express pleasure.
- **During the Day Time:** Play soft music and or sing to your baby. They love to hear your voice and sounds in the environment.
- **During Bath Time:** Babble sounds such as "mamama," "dadada," "bababa" and then wait and see if your baby will imitate you. Or your baby may show signs of imitating your mouth movements. You can do this using a mirror as well.
- **During Bedtime:** Read out loud to your baby, let them see the board books. They will be attracted to books that are simple, make crinkly noises, and books they can touch and feel. Be sure to allow them to explore books by mouthing them. They are made with material that allows baby's to chew and drool on!

Movement/Physical Development

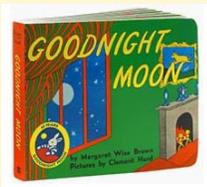
Your baby's use and coordination of their hands, arms, and legs.

- **During Playtime:** Vary your baby's positioning throughout the day. Don't forget daily tummy time. Provide many opportunities to be on the floor to encourage reaching, rolling, grasping, kicking, and batting toys. Be sure the area is safe as your baby begins to roll purposefully towards a toy or person. All steps/stairs/outlets should be childproofed at this stage.
- **During Feeding:** Place your baby in a supported seating position to allow them to hold hands and rattles at midline. They will often watch hands/fingers and bring fingers/fists, and toys to their mouths. They may even move a toy from one hand to another. This is great for those pre-feeding skills. Holding own bottle, cup, spoon, and eventually self-feeding.
- **During Tummy Time:** Be ready! Move yourself in front or next to on either side, and behind your baby. You will be amazed at how motivated they are to see you. They may even start to pivot to locate you, your voice, or a preferred toy.
- **During Playtime:** Play So Big! When your baby is lying on his or her back or seated in a supported upright position, gently grasp his arms and lift them above his or her head in a game of "So Big." As your baby moves onto the next milestone he or she may begin to anticipate arms up on his or her own in response to you saying "How big are you?" "So big!"

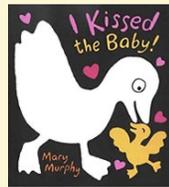
Pre-Literacy - Favorite books for 3-6 months old



The Very Hungry Caterpillar
By Eric Carle



Goodnight Moon
By Margaret Wise Brown



I Kissed the Baby!
By Mary Murphy



Social Emotional Development

Your baby's social experience/reactions, relationship with others, expression, and self-regulation.

- **During Play Time:** Your baby can read your cues well. Be animated, happy, and playful. Your baby's new favorite person is you! They love your company and being close to you.
- **During the Day:** Take your baby out and about in the community. Expose your baby to new faces/people. Provide reassurance/comfort should they show signs of distress. Bring comfort items from home that are familiar. For example, a favorite blanket or stuffed animal.
- **During Diaper Changes/Bath Time/Getting Dressed:** Sing familiar songs/finger plays. Your baby will light up / eyes will widen and tell them how much you love them ALL THE TIME! You can even make up your own song about your feelings towards them. Such as "Mama loves you all day long."

Cognition

How your infant explores the world around them. These are skills needed to process all of the new information coming their way.

- **During Diaper Changing Time:** Your baby will discover their hands and toes! This is a great time to start a routine of "This little Piggy Went to Market."
- **During Play and Feeding Time:** This is a great time to explore the properties of toys by allowing your baby to shake, bang, and even drop toys to the floor while sitting in a supporter high chair or on an adults lap. Allow your baby to look for the toy the dropped. They may even make a game of it in the next few months.
- **During Play Time:** Now is the perfect time to introduce soft squishy books and toys (blocks, balls that they can grasp) gently guide their hands to feel the different textures of the toys/books to help them explore the various properties. Talk about what they may be experiencing and share the moment as you watch them expand and develop new skills. Express enthusiasm and as you interact with your baby and show pleasure in the new learning opportunities/skills they are developing.

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6-9 Months

You are closely approaching the toddler stage with your little one and at 9 months, your baby will be full of exciting developments that seems to happen more every day. During this month, your infant might be crawling, waving “bye-bye,” and moving well into his eating journey with new solids, tastes, and textures.



Language and Communication

Your baby’s response to what they hear, see, and react to the environment.

- **During Playtime:** Model waving “Hi” and “Bye Bye” to the coming and goings of familiar people in your baby’s lives.
- **During Playtime:** Respond to all attempts you baby’s makes to gain your attention. Imitate your baby’s sounds. Teach them simple sounds they can make such as Indian noises, lip smacking, blowing kisses, shaking head.
- **During the Day Time:** When you are not in the line of your baby’s vision, make soft sound, or speak to your baby. Pause and see if they will try and find you by turnings his or her head and or showing that he or she can localize where the sound is coming from. Or looking for – towards the dog barking or door bell – phone ringing/
- **During Bath Time:** Hang an unbreakable mirror in the bath tub. Allow your baby to see themselves as you bath and spend one on one time together. Once your baby recognizes themselves they will become more vocal and excited at their reflection.
- **During Bedtime:** Read, Read, and Read some more! Babies enjoy sitting on your lap and looking at familiar board books. Allow them to explore the book as you point out pictures and label them.



Movement / Physical Development

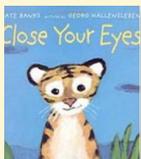
Your baby’s use and coordination of their hands, arms, and legs.

- **During Playtime:** Your baby will begin to strengthen his/her neck and trunk muscles in order to learn to sit with support and eventually alone for brief periods of time. Help your baby by propping them to sit. Place pillows or a Boppy pillow around them. Always be with them during these activities as your baby will fall over as he/she is learning to balance. You can sit in front of them and help them by opening up his or her hands so your bay can prop themselves.
- **During Feeding:** Place you baby in a supported seating position to allow them to explore finger foods on a tray. This is great for those pre feeding skills. Allow them to pick up small cheerios and puff cereal. Explore and eventually bring to their mouths. Model eating with/besides your baby. If they show an interest in a spoon allow them to hold one during feeding time. Your baby will likely be interested in watching you eat.
- **During Floor Time Play Opportunities:** Place your baby in a hand/knee position over your lap or on the floor (with a rolled up towel) for support. Gently rock your baby back and forth in this position and sing “Row Row Row Your Boat.”

Pre-Literacy - Favorite books for 6-9 months old



Corduroy
By Don Freeman



Close your Eyes
By Kate Banks



Is your Mama a Llama?
By Deborah Guarino



Social Emotional Development

Your baby's social experience/reactions, relationship with others, expression, and self-regulation.

- **During Community Outings:** Your baby can read your cues well. Your baby is beginning to recognize familiar and unfamiliar faces and places. Take them out and about while providing as much comfort as needed by reassuring them they are safe and you are close by. Smile and let them know it is ok. Continue to expose your baby to various places/people while you are present.
- **During the Day:** Take your baby out and about in the community. Try local parks and library playgroups/music times. Expose your baby to other babies similar in age. Keep outings short, sweet, and simple. Plan trips around naps times. Set your baby up for success. Give short breaks as needed and have comfort items handy.
- **During Diaper Changes/Bath Time/ Getting Dressed:** Sing familiar songs/finger plays. Your baby will light up / eyes will widen as you sing to them. You can sing/make up a song along the way. For example, "This is the way we wash our hair, wash our hair, wash our hair..."

Cognition

How your infant explores the world around them. These are skills needed to process all of the new information coming their way.

- **During Floor Time:** Play hide and seek with a favorite toy. See if your baby will continue to look for the toy if it is partially hidden under a small cloth. Praise your baby for locating the toy.
- **During Play Time:** This is a great time to continue to explore the properties of toys by allowing your baby to have a cabinet in your kitchen to explore safely. This can consist of plastic containers, pots and pans, muffin tins, spoons, spatulas, and more.
- **During Play Time:** Now is the perfect time to introduce toys where your baby can drop smaller toys into. Dump and fill activities can keep your baby busy and entertained as you cook and clean. Talk to your baby as they are exploring toys and manipulatives in their own way.

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9-12 Months

During the 9-12 month old age span, your baby's increased mobility will begin to expand. Around this age, babies can often sit without assistance, and they're learning how to get from place to place. This is a special milestone as it gives you baby the first step steps towards some independence. It is important to note that not all babies crawl on their hands and knees, some scoot, some combat crawl. That is ok. The most important take away from these few months is that your baby finds ways to explore his or her surroundings.



Your baby's response to what they hear, see, and react to the environment.

- **During Playtime:** Talk to your baby to continue to build upon those early language skills. They will respond by turning, pausing, looking at you, and beginning to vocalize imitate your sounds and word (using approximations). For example, when something drops, say "Uh Oh" and when you are looking at picture books label sounds of animals (moo moo, woof woof, meow, baa baa, and more).
- **During Diaper Time:** Pretend to sneeze. Make a game out of it. You will be surprised at how engaged your baby will be. They will may even imitate you. Turn taking is an important, milestones in your baby's understanding of the give and take of communication exchanges.
- **Outside Time:** Take walks, stop, point out and label what you see and hear. Give plenty of time for your baby to notice and initiate what he/she sees (a squirrel, bird, and dog). They may see something, look at you, and want to share in the excitement.
- **Feeding Time:** A great time to label simple items you give to your baby as well as put items nearby but out of reach and see if your baby indicates a desire to have/retrieve the item (sippy cup, cheerios) they may grunt, vocalize, squeal, use a word approximation to gain your attention, and or extend hand/point to the desired item.



Movement / Physical Development

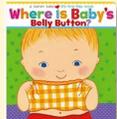
Your baby's use and coordination of their hands, arms, and legs.

- **During Playtime:** Your baby is likely all over explore every inch of his or her surroundings. Provide safe areas for your mobile baby to navigate such as toys on low shelves/couch that will encourage your baby to reach/pull to stand, cruise along furniture, squat to pick up items. Create a tunnel (card board box) to crawl in and out of. Play peek a boo, roll a ball through and more.
- **During Playtime:** Use a sturdy laundry bin for you baby to navigate his or his way in and out, use for dump and fill, throwing a ball into, and even to sit in as you gently move them back and forth as you sing a simple song such as "Row Row Row Your Boat."
- **During Feeding Time:** Provide many opportunities for you baby to pick up/ transfer food or utensils from hand to hand, and feed themselves. This is also great time to model eating and enjoy meal time together.
- **Outside Time:** Enjoy exploring new novel areas where your baby can various textures and movement activities (explore grass, sand, water and experience baby swings). Allow them to explore at their own pace. Not all babies like new textures but exposure is important. Have a picnic outside on a blanket or at a local park/playground. Bring a bucket of water outside for splashing fun!

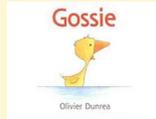
Pre-Literacy - Favorite books for 9-12 months old



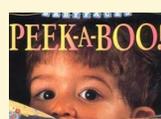
Five Little Monkeys
Jumping on the Bed
By Eileen Christelow



Where is Baby's Belly
Button?
By Karen Katz



Gossie
By Olivier Dunrea



Peek-a-Boo
By Roberta Grabel Intrater



Social Emotional Development

Your baby's social experience/reactions, relationship with others, expression, and self-regulation.

- **During Playtime:** Provide consistent caregivers to allow your baby to feel secure and form trusting relationships with others. Your baby is learning all about people and the world around them.
- **During Community Outings;** keep outings short and sweet! Playdates are most successful and positive when you baby is fed and has had a nap. Stay close/within your baby's eye as they explore a local children's library play area or another person's home. Provide reassurance you are nearby and they are ok to explore and allow them to come and go as they please back and forth to you. This is an critical time to support your baby's ability to rely on adults and caregivers to support newly emerging curiosity in the world around them
- **During Bedtime:** Read to your baby a simple board book. Share positive words and provide a calm/relaxing environment for sleep (play soft music) and return to provide comfort/reassurance as needed. Allow comfort items to support calming themselves as well.
- **During Playtime:** Respond with enthusiasm and interest at towards baby's curiosity and interactions with others. Pay attention to cues that your baby may need your support to begin to trust new faces, experiences. Be patient and allow your baby to begin trusting others by following your cues.

Cognition

How your infant explores the world around them. These are skills needed to process all of the new information coming their way.

- **During Floor Time:** Your baby's will love to explore everyday items in your home. Tupperware, pots and pans, muffin tins, and measuring cups. Baby's explore with cause and effect relationships and will enjoy banging, making noise, and putting objects inside one another and dumping them out.
- **During Everyday Routines:** Your baby will begin to explore with object permanence. This is when they begin to understand that things still exist even when out of sight. They may look for a toy you took out of the tub, they may continue searching for a something they prefer (pacifier, stuffed animal, a caregiver). They will also uncover toys if you hide them under a washcloth or small blanket.
- **During Play Time:** Baby's will experiment with open and closing doors, pop up boxes, pop beads, cause and effect toys, pound a ball and other manipulatives that create an effect or action "If I (push this button), then (music plays) (this happens)."
- **During BathTime:** Be silly and animated. Repeat actions that make them laugh. Responding to your baby by acting surprised. They will learn that actions have an effect.

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12-15 Months

At this age, your infant is now moved into toddlerhood! They are loved by all and that secure, safe, and continued affection/nurturing will assist in continued progress of your toddler reaching developmental milestones at their own pace.



Your toddler is constantly on the go and therefore needs plenty of sleep. Try and make sure your child gets 12 to 13 hours of sleep over a 24-hour period, spread over a long sleep overnight and 1 to 2 shorter sleeps during the day. Your toddler might be taking first steps and or able to walk on their own. Your toddlers overall language and ability to express themselves is maturing. Emotions are intense. Your toddler is exploring their world and readily able to take on new adventures. Providing consistency and routines are key as they thrive off of knowing what to expect. Talking and listening, reading, moving, playing outside, working on everyday skills and giving positive attention are good confidence builders for your toddler's development.

Language and Communication

Language skills, what children say and what they can understand. How they communicate needs, desires, and express themselves.

- **During Floor Time:** Play simple social games such as peek a Boo, Where is "insert child's name"? And other games that use the child's names. How big is "child's name"? Your toddler will begin to turn to his or her name being called and know "Where is "Mommy/Daddy/ Cat/ Dog"? You will see your baby respond in various ways. This can include eyes widening, looking in the direction of the person, family pet, pointing, vocalizing, and more.
- **During Bath Time:** Have your toddler show you or give you items in the tub, They understand so much and are eager to please others and show off their accomplishments. Provide gestures or prompts to help you toddler be successfully. Mirror play is another activity that will increase your toddlers interest in themselves and others - Where is your nose?
- **During Bed Time:** Read, Read and keep Reading. The same book over and over again. Children learn best through repetition. Your toddler is like a sponge and will soak in everything even if you feel that they aren't listening. Point to pictures in a preferred book. Wait. See if you toddler will look for you to label the picture or sound. They may even repeat the word or sound using an approximation. Accept any and all attempts to express themselves.
- **During Meal Time:** Offer choice of two items. Wait and see if you toddler makes a choice. This may be seen as they reach for the food of choice, vocalize, and or point to what they want. Don't be caught off guard if they change their mind. This is a part of their growing independence.

Movement/Physical Development

Children's use and coordination of their hands, arms, and legs when they move and play

- **During Floor Time:** During the day, the best pace for your toddler, is to be on the ground where he/she can explore the world around them. An area where your toddler is allowed to touch and explore his or her surroundings, move, climb in/on/ over various household objects in a safe manner.
- **During Floor time:** Play cooperative games such as rolling a ball back and forth. Your baby will initiate and participate in the give and take nature/exchanges. Blow and pop bubbles together. Your baby may imitative blowing, reach for and or pop bubbles, and enjoys moving in and out of different positions to reach for the bubble or obtain the bottle to hand to an adult for to initiate more of the simple social game.
- **During Outside Time:** Slowly introduce your toddler to tunnels, swings, steps, and even slides! All these are supervised as they learn to navigate safely with adult support. For example, teaching your toddler to turn at the top of a step, to go down a step or two. All the movement activities will be wonderful opportunities to explore see what he/she likes or dislikes. Remember, continued exposure to these learning opportunities is important and patience is a must as toddlers like one activity one day and may not like it the next day. That's ok. They are expressing themselves to be independent strong willed and assert control/express likes and dislikes.
- **During Art/Sensory Exploration:** Introduce your toddler to different textures and play surfaces such as grass, sand, water, are all great everyday opportunities to explore various textures, smells, and sensations. Play alongside your toddler to reassure them. Your toddler may even offer you a handful of grass and share in the delight.

Social Emotional Development

Loving relationships provide young children with a sense of comfort, safety and confidence. They teach young children how to form friendships, communicate emotions and deal with challenges.

- **During Dressing:** This is a great activity to give you allow you toddler to help. Take socks off, put hat on, take hat off, and accept help from others. Learn to accept/use adults as a resource.
- **During Everyday Activities/Opportunities:** Allow your toddler some freedom. Playing in an adjacent room where the adult can still see the toddler. You will notice they will explore, yet look back at adult from time to time to check in. Talk to you toddler using phrases such as “I see you” “Mommy is right here” “and other simple phrases to express your continued pleasure/reassurance in them seeking and enjoying some new emerging independence.
- **During Meal Time:** Your toddler will want to feed him or half. Prepare for a less and arise your toddler every step of the way. The assertiveness is to be expected. This is also a phase where your toddler will ignore “no”. It is best to redirect toddler to what they can do (drop food on floor – redirect to what they can do ... put in garbage) and save “no” for safety reasons only! By saving no for safety reasons it will catch their attention and more likely rot stop at least briefly / enough time for adult to assist toddler.



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Cognition

How children think, explore, and figure things out. It refers to things such as memory, and the ability to learn new information.

- **During Mealtimes:** Imitate different facial expressions and mouth movements. They will love learning new expressions and imitating you. Make Indian noises, pucker your lips, blow kisses, and make tongue clicking noises.
- **During Play Time:** Offer many objects in your home for you toddler to engage in cause and effect/ dump and fill/ and simple pretend play. Bring a phone to ear, brush to head/hair, doll to feed baby using a cup, spoon, bottle. These can be any object not necessarily the real item. A block can be used as a phone.
- **During Everyday Activities/Opportunities:** Containers, baking tins and trays, and tupper ware! Great to have out to explore filling up, dumping, transferring, and even nesting inside one another.
- **During Everyday Activities/Opportunities:** Pop Up boxes and toys that your toddler needs to use trial and error to figure out. Shape sorters and other household objects are important tools to learn cause and effect. If I do this / then this happens.
- **During Dressing:** Allow for your toddler to solve simple problems. Purposefully put one shoe on so they recognize something is missing and search for the other shoe to hand to an adult for help. Have the shoe nearby so they can locate it successfully. Provide lots of praise for “finding” the shoe.

18 Months

As children hit 18 months, it will be easy for them to manipulate an object between their thumb and index finger (like turning a knob or putting a round peg in a hole). You can build on these skills by trying games such as putting large square pegs in matching holes (this is harder than with round pegs because you have to match angles), stacking five or six blocks or taking toys apart and putting them back together. You could also let them feed themselves sometimes, even if it is messy.



Language and Communication

Language skills, what children say and what they can understand

- **During Mealtime:** Encourage communication throughout the day through communication temptations.
- **During Playtime:** Place objects out of reach so your child needs to request them.
- **During Playtime:** Model single words and accept all forms of word utterances to obtain object of interest.
- **During Play Time:** Exaggerate nodding yes and shaking head no during floor time. Be silly and animated.
- **During Snack Time:** Put out two food choices on a shelf so you child can see them but not reach them on their own. Encourage them to make a choice. Accept all your child attempts to let you know what they want (a point, eye gaze, vocalization, word approximation).
- **During Bed Time:** Read books and talk about the pictures using simple words.



Movement/Physical Development

Children's use and coordination of their arms and legs when they move and play

- **During Meal Time:** Sit and eat meals together. Model using a cup and other table manners for the toddler. For example, support the toddler in wiping his or her face with a napkin and encourage his or her use of a spoon.
- **During Meal time:** While sitting for meals together, prepare for accidents. Accidents will happen and they are a learning experience.
- **While Outside/Inside:** With increased stability the toddler will enjoy pulling and pushing carts, strollers and pulling or dragging items around the house.
- **While in the Community:** Encourage walking both inside and outside and on various surfaces, such as grass, carpet, sand and sidewalks.

Pre-Literacy - Favorite books for 18 months old



Social Emotional Development

Loving relationships provide young children with a sense of comfort, safety and confidence. They teach young children how to form friendships, communicate emotions and deal with challenges.

- **During Dressing:** Help your toddler become a confident problem- solver. Give your child some time to try to figure a problem out on his own—like how to get his rain boots on. When you see him start to get frustrated, give him the help he needs to master the challenge. For example, you may line up the boots with the correct feet, and then suggest the child lean on a chair while he slides a foot in.
- **Everyday Activities/Opportunities:** Establish routines and transitions. Knowing what to expect helps toddlers feel safe, confident, and in control of their world. Try to keep daily routines in the same order and at approximately the same time each day, and give them notice when a transition is coming. This helps your child anticipate, prepare, and cope with the many changes they have to make each day. For example, you might tell your child, after lunch, we will take a seat in the rocking chair and read a story. Then I will put on the soft music and you will take a nap in your crib.
- **During Play Time:** Praise the process, not just the result. The goal is to help children feel good about their efforts, not just the outcome. When you notice your child's efforts (you are working so hard on that puzzle, really thinking through where each piece fits), it lets her know how important it is to be persistent and keep trying.
- **During Play Time:** Provide toys that encourage pretend play activities/daily routines so that your child can mimic them during his or her play. Use a laundry basket as a pretend bath, place wash clothes, box of empty soap, shampoo, etc.



Cognition

How children think, explore, and figure things out. It refers to things such as memory, and the ability to learn new information.

- **During Art/Sensory Play:** Provide paper and cardboard boxes for supervised coloring. Tape corners of paper down to stabilize paper.
- **During Play Time:** Play matching game. Have two of the everyday objects within eye sight and match them. Then allow child to use the objects for intended purposes. Give them stuffed animals or dolls to feed, brush hair, put phone to ear. Have a pretend phone call with your child.
- **During Everyday Activities/Opportunities:** Follow your child's lead and adjust routines to their needs. Accept all attempts to communicate.
- **During Everyday Activities/Opportunities:** Talk about what you are doing daily routines. Use simple language to describe what they are doing during playtime.
- **During Bed Time Routine:** Play simple social games using songs during daily routine. Such as This is the way we Brush our Teeth, Brush our Teeth (repeat) so early in the morning. Or "Tap,tap,tap your nose".
- **During Dressing:** Use predictable consistent language during routines

Fun Tools - Online resources for Development and Milestones



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24 Months

You blinked! Your toddler has grown so much. It is time to celebrate all the in the milestones that your toddler reached this year. They have been really busy growing, not only in size but also by gaining physical, cognitive and social skills. Congratulations to the family/caregivers are a must. Pat yourselves on the back! You are stronger than you know and are raising toddlers who are strong willed one minute and cuddly and affectionate the next.



Language and Communication

Language skills, what children say and what they can understand. How they communicate needs, desires, and express themselves.

- **During Floor Time:** Have toys and everyday items/objects out and play a simple game of “I spy” or “I see” name the item and have your toddler go get the item. They may then want to initiate and have the adult “find” the object. You can expand this activity once mastered and have your toddler follow a one and then two step direction. “Put the cup on the table” and then “Get the tissue and put it in the garbage.”
- **During Bath Time:** Sing familiar songs and encourage your toddler to sing along with you. See if they will identify what animal says moo, and so on. “Moo says the “cow” or a Cow says “moo” it is helpful to have pictures of the animals or animal figurines to help pair the object with the word/sound.
- **During Bed Time:** This is a great time to allow your toddler to have some choices and be able to pick out a book on their own (you can also see if they can find the book you name) making the book visible/within eye sight. Allow them to flip through and “read” the book to you. They will surprise you as they attempt to tell you all about a favorite book. Acknowledge and praise any and all attempts to “talk” about what they see.
- **During Meal Time:** Praise all attempts to request, make his or her needs known by being ready to assist your toddlers as they share likes/dislikes. Put items in containers or sealed bags so they need to request help. This is an ideal time to expand utterances to two/ three words phrases. Adults can model “I want....”

Movement/Physical Development

Children’s use and coordination of their hands, arms, and legs when they move and play

- **During Play Time:** Try playing Simon Says and show your toddler to jump or stand on one foot. This will help him to develop better coordination skills.
- **During Inside/Outside Time:** As your toddler’s coordination improves, he will be more confident to explore his/her physical abilities. Obstacle courses will keep your toddler busy, engaged, and active. Your child may run, avoid obstacles, stand quickly, walk on his tiptoes, pull objects behind himself, carry an object while walking, kick a ball, and climb on top of chairs and sofas. Expect falls and boo boos as they navigate all these new motor skills. This is also an age where your toddler may try and climb out of his or her crib. It is best to lower the railing to avoid falls or transition to a toddler bed with a safety rail.
- **During Floor time:** Building Building and more budding. Use blocks, containers, cardboard boxes, cup and anything that your toddler can stack and knock over. This activity is a great turn taking activity and encourages use of eye hand coordination, balancing, and more.
- **During Outside Time:** A good way to encourage his/her physical development is riding toy where they can push off with feed or a tricycle to pedal. He can even attempt to pedal and the adult can use this to help him gain some new skills.
- **During Art/Sensory Exploration:** Use items in your home to explore sensory material /art. Paint the sidewalk/fence with water and a paint brush or sponge. Allow opportunities to practice opening doors (turn knobs), open and close containers/lids. Place a chair at the sink to allow your child opportunities to climb on and off the chair with supervision as they brush teeth, help wash the dishes, or play with water in the sink. Prepare for and expect for a mess. Have towels handy and enjoy the thrill of your toddler’s interest in new activities.

Pre-Literacy - Favorite books for 24 months old



The Tickle Book:
A Lift-the-Flap Book
By Ian Whybrow



The Gruffalo
By Julia Donaldson



I Say, You Say Opposites!
By Tad Carpenter

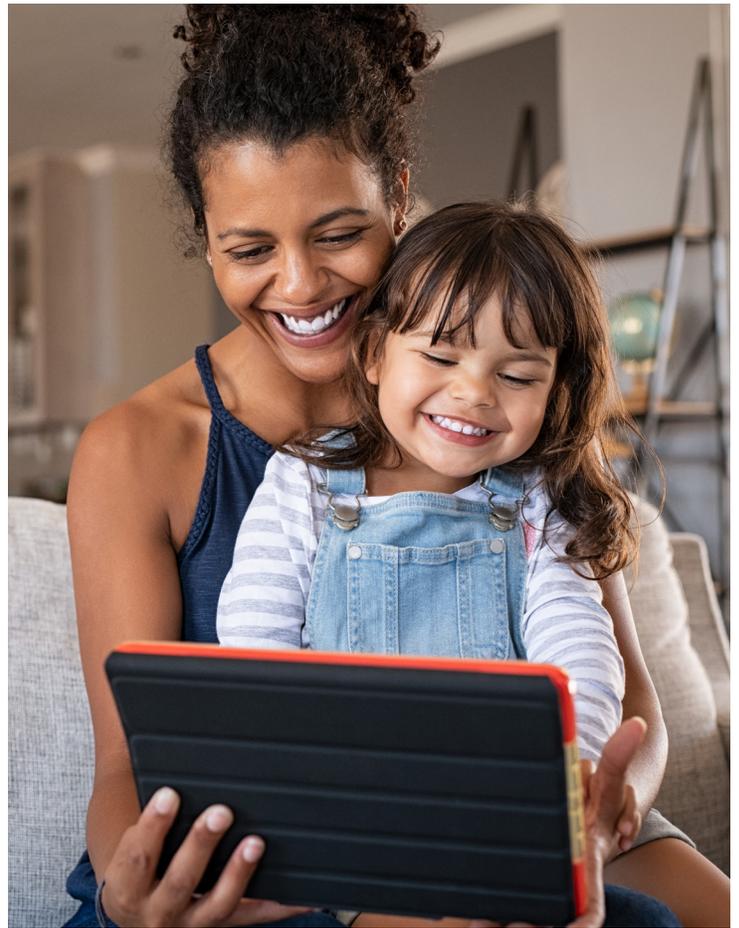
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Social Emotional Development

Loving relationships provide young children with a sense of comfort, safety and confidence. They teach young children how to form friendships, communicate emotions and deal with challenges.

- **During Dressing:** Allow your toddler to pick out his or her own clothes, make choices, and be proud of his or her choices. It is perfectly acceptable to see a 2 year old wearing rain boots (on a non rainy day) just because they picked them out. Shirts/pants on inside out or backwards is also permitted.
- **Everyday Activities/Opportunities:** Provide many opportunities to play near his or her peers. At this age we don't expect them to play together rather alongside one another. They may express excitement seeing a familiar friend. Be present and offer suggestions to help toddlers navigate sharing and exchanging toys. You will often see your child imitate a peer and or adult engaging in pretend play activities.
- **During Meal Time:** Allow your toddler to help by giving them "chores" to put napkins on the table, throw away trash, and put dishes in the sink/dishwasher. Another confidence builder is helping with laundry. Toddlers can take out laundry or put in laundry into the dryer. The smile in response to being a big helper will make your day!



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Cognition

How children think, explore, and figure things out. It refers to things such as memory, and the ability to learn new information.

- **During Mealtimes:** Practice counting the goldfish. Put three goldfish in a cup. 1, 2, 3. Put your hand out and ask your child to give you one. Accept as many as they offer you.
- **During Play Time:** Use real house hold objects as opportunities for your toddler to engage in pretend play activities, imitate others doing housework, and eventually engage in make believe.
- **During Everyday Activities/Opportunities:** Puzzles and sorting are great skills to work on cause and effect-trial and error and problem solving. Again, while it can be frustrating, offering assistance so that he/she is successful is most rewarding and your child is likely to try again next time.
- **During Everyday Activities/Opportunities:** Practice sorting. Toys (trucks in this basket and books in this basket) or Give your child laundry (socks go in this bin and washcloths go in this bin)
- **During Dressing:** See if your child remembers where he put his cup of milk. Provide prompts Look on the table, point to where the cup is, so that he/she can locate the item and be proud of him/herself.