

**Ages 18 to 24 month olds****The Facts**

Understanding the stages and behaviors in your child's development is an important step in parenting. Due to children maturing at their own rates (physically, mentally, socially and emotionally) they need all the support, love and encouragement you can provide. As a parent you can help!

**Developmental Stages  
& Behaviors****18 to 24 month olds**

- Can scribble on paper
- Can turn book pages
- Can carry items
- Can unwrap loosely wrapped items
- Feed self with spoon and/or fork
- Drink from a regular cup
- Balance while standing
- Can run easily-Runs as much as walks
- Can jump with both feet
- Can sit down by self in a chair
- Walk down stairs with help
- Uses simple two-phrased words/sentences
- Understands about 100-200 words, uses around 50
- Uses words to express their wants and needs
- Talks to self
- Says hi, bye and thank you
- Tries to sing songs
- Likes to help and follow instructions
- Tries to put stuff away
- Don't play well or cooperate with other kids
- Face and body begin to alter
- Can point and identify body parts
- Zip and unzip zipper
- Tries to put on shoes
- Can remove clothes
- Ready to begin toilet training

\*Not every child develops the same, that's what makes us all unique. The previous listing contained general behaviors that most children obtain at a certain age, but not all.

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## Helping Your Child's Development

Helping your child learn right from the start makes a big difference. Here's what you can do:

- Ask them to do simple tasks around the house
- Label items around the house for them to see
- Point out unusual and familiar things and sights when visiting, walking and running errands
- Allow them to try new things
- Have plenty of coloring books, paper and crayons available to inspire their imagination
- Proof your home so breakables, valuables and hazards are out of harms way
- Pretend play with your child
- Read and sing with your child
- Talk to your child using complete sentences EX: Your child says, "want, ball." Respond, "Do you want the ball?"
- Let your child play with sand, paint, water, cups, spoons, etc. This allows them to stimulate their senses

### How To Handle Discipline Problems

Even good children have bad behaviors. The following is an example of how to handle a discipline problem that occurs within the ages of 18 to 24 months:

*Scenario:* Your child won't share his/her toys while playing with other children

*Goal:* To teach your child the importance of sharing

**Don't** force your child to share. It is common for this age group to carry and protect their toys. Additionally, they enjoy to parallel play (play next to other children, but not with them).

**Do** take the time to explain what sharing is. Explain that his/her generosity makes others feel good. They will remember what you have to say.

**Begin** by practicing what you preach. The best way to teach your child generosity is to practice it yourself. For example: Your husband wants to watch a different television program than the one you are watching, agree to change the channel; yet, compromise that you will want to pick the next program to watch. Do this verbally in front of your child. he/she will see first hand what sharing is all about.

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