



Milestones

18 to 24 Months

Welcome to toddlerhood! There's an energy and verbal explosion afoot. Becoming more independent is important to your toddler. Most toddlers will test the limits of a parent's tolerance. Allow your toddler as much freedom as possible, within the limits of safety and the rights of other family members.

Her growth and development will start to slow, but you'll see big changes in her independence from family members and progress in self-control. You can expect some big social and emotional changes to come.

18 MONTHS

Your child will:

- walk unaided, legs apart, toes pointed outward and lurching from side to side.
- get up from a sitting position to stand by putting her hands on the floor, straightening her legs and unbending her waist.
- be able to point to one or more body parts.
- understand simple commands.
- have expanded her vocabulary up to 20 words.
- name objects and pictures during reading.
- follow simple directions.
- drink from a cup without help.
- begin mastering the use of a spoon.
- be able to scribble.
- place a round object in a round hole.
- ask for objects by pointing to them.
- give hugs and kisses and have temper tantrums.
- have an easier time separating from you.
- throw a ball overhand without falling down.
- jump in place with both feet.
- take off his shoes, socks and gloves and unzip.

Don't worry if your child doesn't fit exactly within these guidelines. Each child develops differently. If you have any concerns about your child's development, ask your doctor.

24 MONTHS

Your child:

- is beginning to understand the relationships between objects.
- can pick up toys without falling.
- can run fairly well.
- can kick a ball forward without losing his balance.
- can go up and down stairs alone one step at a time.
- can turn pages in a book one at a time.
- turns doorknobs and unscrews lids.
- can build towers of blocks up to seven high.
- has a vocabulary of about 300 words.
- uses two- and three-word phrases.
- refers to herself by her first name.
- uses words for food, drink and going to the bathroom.
- can dress herself in simple clothing.
- will pull you to show you something.

