



## What's Going On With Development

### 12 Months

#### Social-Emotional

##### Normal Development

- Look to other people's emotions before acting (8–15 months)
- Looks at what kind of response they will get from their caregiver to different behaviors (8–15 months)
- Wants their primary caregiver above all others (8–15 months)
- Begins recognize themselves when they look in the mirror or at photos (15–24 months)
- Gets nervous when leaving their caregiver (12–18 months)
- Likes to plays alone (18+ months)
- Copies others, especially by coughing, sneezing, or making animal sounds (18–24 months)
- Enjoys when people watch them and clap for their good behavior (18+ months)

##### What you can do

- At the end of the day, talk about what activities they did and help them remember
- Sing a nighttime song and name all the people that love them before they go to bed
- Catch them “being good” and let them know that you noticed
- Show pictures of family and help them get to know faces they don't see a lot
- Point out when they are angry/sad/happy to help them start to understand emotions
- Make playdates with other children

##### Our Advice

- Try not to pay attention when you notice your child doing something naughty, just to see your reaction
- It is okay for your child to feel uncomfortable in certain social situations. Try not to force them to be friendly
- Babies aren't quite ready for sharing at this age. They are still learning how to play with other babies. That's why playdates are important.
- Try not to compare yourself to other parents or your baby to other babies. Every family is different.

## Sensory

### Normal Development

- Understands information about what they are touching (hot, cold, soft, hard) (8–14 months)
- Sensitivity to bitter tastes (12–19 months)
- Sees about 20/60 level, gradually reaching a norm of 20/25 (12–22 months)

### What you can do

- Let your child feel different textures and name them as you touch them (soft, rough, smooth, slippery)
- Play with finger paint and playdough, but make sure your child doesn't try and eat it!
- Introduce your child to many different tastes and smells
- Stop and smell things. Show your child how to actually smell the roses!
- Massage your baby during calm down moments.

### Our Advice

- Adjust how you parent your child to go hand in hand with how their mood is in different situations.

## Gross Motor Development

### Normal Development

- Throws ball (9–18 months)
- Walks alone (10–14 months)
- Walks sideways (10–20 months)
- Walks backward (11–20 months)
- Stands on one foot with your help (12–23 months)
- Walks up and down stairs with help (12–24 months)
- Stand on his tiptoes (17–26 months)

### What you can do

- Give your child a cart to push (toy strollers, shopping carts, etc.)
- Help your child climb up and down stairs
- Dance to music. Encourage your child to bounce, sway, and wiggle

- Use push and pull toys
- Throw and kick a ball
- Climb
- Practice balance by standing on one foot.

### **Our Advice**

- Whenever possible, let your child walk around indoors without shoes and socks.
- Try not to compare yourself to other parents, or your child to other children. Every family is different!

## **Fine Motor Development**

### **Normal Development**

- Uses thumb and pointer finger to explore objects, turn knobs, dials, etc. (10–20 months)
- Builds a tower of three blocks (13–21 months)
- Draws simple, straight lines (14–24 months)
- Scribble with a crayon (16–20 months)
- Turns over containers to pour out the insides (16–24 months)
- May begin to show “righty” or “lefty” preference, but may not decide for a several more years (16–33 months)

### **What you can do**

- Play with cheerios
- Play with blocks
- Give your child paper and crayons (jumbo size crayons are great, but make sure your baby doesn’t eat them!)
- Play with puzzles
- Let your child practice using a spoon
- Water play in the bath
- When reading, let your child turn the pages of the book

## Our Advice

- It's important to let your child practice using their fine motor skills, even though their practice can get messy (like when using a spoon). This is all a part of the process. Try to embrace the mess!
- Let your child use a small cup to learn how to drink on their own.
- Be mindful of choking hazards. If the item your child is playing with is small enough to fit inside a toilet paper roll, it is too small for them to play with!
- Try not to compare yourself to other parents, or your baby to other babies. Every family is different!

## Cognitive

### Normal Development

- Uses objects in ways they are normally used (for example, using a box to store things) (8–15 months)
- Plays with objects in many different ways (shaking, banging, throwing, dropping) (8–16 months)
- Knows the difference between themselves and other people (12–20 months)
- Can point to their body parts (15–20 months)
- Starts make-believe or pretend play (16–24 months)
- May start to be interested in potty training (16–24 months)
- Starts to learn shapes and colors (17–24 months)
- Understands that just because they can't see something, it doesn't mean it doesn't exist (for example, a marble under a blanket didn't disappear!) (8–18 months)

### What you can do

- Let your child play with different everyday items (plastic containers, cardboard box, socks, newspaper, cups, a hairbrush, an empty egg carton)
- At the end of the day, talk about what activities they did and help them remember
- Ask your child to help put away toys. Then, when they want to play with them again have your child get them from where they were put away
- Start showing your child colors, shapes, and sizes
- Read books your child likes over and over. When they start talking more have them help you fill in the blanks of sentences that they know well

- Play peek-a-boo
- Let your child play alone (remember to still carefully watch them) and have time to relax

### **Our Advice**

- Try not to teach your child things through memorization. That isn't helpful at this age.
- It's still too early to use TV as a way for your little one to learn
- Let your child learn about objects in their own, creative way
- Remember that your child may not respond to you when they are focused on another activity. That is normal!
- Try not to compare yourself to other parents, or your baby to other babies. Every family is different!

## **Language**

### **Normal Development**

- Babbling seems less random, and you can notice changes in your baby's tone (8–14 months)
- Copies words they hear others saying (10–14 months)
- Communicates different emotions like happy, sad, or mad (12+ months)
- Says first words (12–19 months)
- Number of words used begins to grow (13–24 months)
- Uses words to express wants and needs (14–27 months)
- Can correctly identify a picture with its name (14–24 months)
- Identifies names of familiar people, objects, body parts (14–24 months)
- Uses two-to-four word sentences (16–30 months)
- Knows about 200 words (16–24 months)

### **What you can do**

- Encourage your baby to tell you what they want or need by giving them choices (Ask which diaper they want to put on, what cup they want)
- When your baby points to something and tries to identify it (with grunting or words), encourage them by saying what the object is and describing it (“Dog. Yes, that’s the dog next door.”)

- As your baby begins to use more words, ask them to tell you how they are feeling. Even if your baby's words are hard to understand, you are teaching them that they can use words to communicate.
- Simple picture books are great to help build communication skills.
- Make changing time fun by pointing to and naming the piece of clothing you are putting on him or her body parts involved.
- When reading, talk about the emotions of the characters you see in pictures

### **Our Advice**

- It's great to give your child choices to give them a sense of control, but try to only give two options. More than that can be confusing or overwhelming.
- Try not to speak for your child; even though their language isn't fully developed and can be hard to understand at times, it is important you give them the chance to get their words out.
- Give your child their own time to talk, without interruptions from you or anyone else.
- Instead of correcting your baby, try repeating the correct version of what they say.
- When reading, point to both the pictures and words.
- Try not to compare yourself to other parents, or your baby to other babies. Every family is different! Between 12-18 months it is completely normal for children to develop language at different speeds.
- It's okay to talk to your child even if they don't understand every single word you use. The other words in the sentence will help them start to learn new words.

## 15 Months

### Social-Emotional

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## 18 Months

### Social-Emotional

#### Normal Development

- Shows signs of independence; says “no”(18–24 months)
- Begins to show difficult behavior (18–24 months)
- Finds it hard to wait (18+ months)
- Gets angry sometimes and has temper tantrums (18+ months)
- Enjoys simple pretend play like wearing hats and talking on phone (18–24 months)
- Can become aggressive when frustrated (18+ months)
- May become attached to a toy or blanket (18+ months)
- Generally more comfortable with strangers (18–24 months)
- Can understand how other people feel (18–24 months)
- Shows feelings of jealousy (18–24 months)
- Recognizes herself in mirror or pictures (18–24 months)
- Becomes aware of things that don’t make sense (18–24 months)
- Becomes embarrassed (18–25 months)
- Imitates the behavior of others, especially adults and older children (18–27 months)
- Gets excited about being around other children (18–27 months)

#### What you can do

- Make play dates and take opportunities to play with other kids.
- Sign your child up for some classes (music, art, gym) or go to the museum, library, or playground regularly.
- Help your child recognize and label feelings (“You are feeling frustrated because this is taking such a long time.”)
- Read your child books about feelings
- Encourage pretend play (dress-up, kitchen, firefighter, etc.)

#### Our Advice

- Try not to fight with others in front of your child. It will make them feel frightened. At this age, kids need to feel safe.
- Try to stay calm while disciplining your child

- Try to avoid forcing your child into any situation that makes him or her nervous. If it is somewhere your child has to go (like school) give them a lot of support and preparation.
- Remember to tell your child when they are behaving well, not just when they are behaving badly. In other words, catch them being good-not just bad. If your child learns that good behavior gets your attention, they'll do it more often.
- Try not to compare yourself to other parents, or your child to other children. Every family is different!

### **Gross Motor Development** – Large movements like crawling, running or jumping

#### **Normal Development**

- Begins to run (18–24 months)
- Can roll a large ball and can throw it overhand (18+ months)
- Opens cabinets, drawers, and boxes (18+ months)
- Bends over to pick up a toy without falling (15–24 months)
- Walks up and down stairs with some help (15–24 months)
- Takes steps backward (14–24 months)
- Enjoys sitting on and moving small riding toys (14+ months)
- Can climb on to low furniture (14+ months)
- Can squat or scoop and then stand back up without falling (18+ months)
- Can stand on tiptoes (18–24 months)

#### **What you can do**

- Help your child learn to jump. Practice at playground or jump off of couches into a pile of pillows.
- Take your child on walks without a stroller.
- Play catch with a ball that your child can hold with two hands
- Encourage your child to run and kick balls
- Playground time!
- Dance with your child to music with different rhythms.
- Blocks

## **Our Advice**

- Try to avoid too much time in the stroller. Walking is great practice and builds their strength and endurance!
- Whenever possible, let your child feed and dress themselves. It's fun and helps promote independence and muscle development
- Try not to limit your child's physical activity even when it makes you nervous that they may hurt themselves
- Try not to compare yourself to other parents, or your child to other children. Every family is different!

## **Fine Motor Development**

### **Normal Development**

- Can feed themselves with a spoon (14+ months)
- Turns the pages of a book (14+ months)
- Scribbles on paper with a crayon or pencil (16–20 months)
- Drinks from a regular cup without help or spilling (16+ months)
- Uses thumb and pointer finger to explore objects, turn knobs and dials, etc. (10–20 months)
- Can draw simple lines (18+ months)
- Stacks 3+ blocks (14–24 months)
- Turns over containers to pour out contents (16–24 months)
- May begin to show a preference for using their right or left hand, but may not fully decide for several more years (16–33 months)
- Likes to explore and examine objects (16–24 months)

### **What you can do**

- When reading, let your child turn the pages of the book
- Give your child paper and crayons
- Draw shapes together
- Play with sidewalk chalk
- Do finger painting
- Teach your child to do simple finger games such as “itsy bitsy spider”
- Play games of filling up and dumping

- Play with blocks
- Play with large size legos that are not choking hazards
- Do small knob puzzles

### **Our Advice**

- Remember to be on the lookout for choking hazards
- Allow your child to practice drawing and writing—even when it’s messy!
- Try not to compare yourself to other parents, or your child to other children. Every family is different!

## **Cognitive**

### **Normal development**

- Begins to develop favorite toys/toy preference (18–24 months)
- Likes to choose between two objects (14–24 months)
- Recognizes the difference between themselves and other people (12–20 months)
- Starts fantasy/make-believe play (16–24 months)
- May be interested in potty training (16–24 months)
- Begins to sort shapes and colors (17–24 months)

### **What you can do**

- Read simple books with your child every day. Stories that have familiar storylines are best.
- Make your own scrapbook of objects or people your toddler knows.
- Play a simple game of “find.” Place 3 familiar toys in front of a toddler and say, “Give me the \_\_\_\_.” See if your toddler tries to find what you’ve named and will hand it to you.
- Encourage your child to play dress-up. It is helpful to a full-length mirror on a wall they can access and a “pretend box” filled with dress-up clothes.
- Allow your child to make choices whenever possible (the red shirt or the blue one?)
- Play with puzzles
- Play with blocks
- Play with shape sorters



## Our Advice

- Reminder: videos and TV are not great teachers. They can be fun but are not a substitute for you.
- Try not to make your child's days too crowded—this can leave them feeling tired and overstimulated.
- Let your child be the boss of their play!
- Try to balance playground and home time. Your child is learning from both environments.
- Remember that your child is still very young—try not to expect them to be able to do things beyond what's normal for their age.
- Try not to compare yourself to other parents, or your child to other children. Every family is different!

## Language

### Normal Development

- Says first words (10–18 months)
- Words aren't always complete or said properly, but they have meaning (10–20 months)
- Can carry out simple requests ("Please get your shoes") (12–19 months)
- Repeats single words spoken by someone else (16–19 months)
- Adds 10–20 new words per day—including language they hear from others (18–24 months)
- Can correctly identify a picture with its name (14–24 months)
- Says names of familiar people, objects, and body parts (14–24)
- Has a vocabulary of around 200 words (16–24 months)
- Begins to put words together (20–24)
- Begins to ask questions (especially "Why?") (22+)

### What you can do

- Expand on what your child says (Child: "Red cup." Parent: "Yes, that is the red cup you drink your water from").
- Allow your child to talk about stories you are reading
- Ask questions
- Encourage your child to describe things in detail

- Use music, songs, and routines to help organize your actions
- Speak clearly and not too fast
- Be excited and enthusiastic when you talk, read, or tell stories
- Talk about what you are seeing and doing, even if you think your child won't understand all of it.
- Use new words to build their vocabulary
- Ask questions that require more than a yes-or-no answer
- Be patient when waiting for answers (try not to answer for your child)

### **Our Advice**

- Don't worry about grammar. Your child will learn it over time and through their experiences in the world around them
- Lots of kids are hard to understand early on in their language development. Give them lots of time and practice and this will improve
- Try not to use a pacifier outside of the crib
- Try to use straw cups or real cups whenever possible. Sippy cups can hold back language development
- Support your child's attempts to talk and try not to correct or criticize him or her
- Talking to your child is the best way to learn language—try not to use videos as a substitute!
- Some children speak earlier and say more words than others—that is okay.
- Try not to compare yourself to other parents, or your child to other children. Every family is different!