

Adapted from The Washington Guide to Promoting Development in the Young Child, 13-18 Months

Expected Tasks in This Age-Range

Motor Skills:

Walks a few steps without support
Balanced when walking
Walks upstairs with help. Creeps downstairs
Turns pages of a book

Feeding Skills:

Holds cup handle with fingers & thumb (vs. whole hand)
Lifts cup & drinks well
Begins to use spoon but spills a lot initially
Has hard time getting spoon into mouth
May refuse to eat at some meals

Sleep:

Night: 10-12 hours
Naps: By 21 months, typically drops to 1 afternoon nap, lasting 1-3 hours
May awaken & cry during the night
As he is more able to move about, he may uncover self, become cold, and awaken

Play:

Plays by herself. May play near others
Has favorite toys
Enjoys walking activities and pulling toys
Throws & picks up objects, repeatedly
Imitates adult activities such as reading, sweeping

Language:

Receptive:

Pays attention to person speaking to her
Finds objects in a picture when asked
Indicates wants by gestures
Looks toward family members or pets when names

Expressive:

Uses three words other than "mama" & "dada" to identify specific objects, persons, or actions
Indicates wants by naming an object

Toilet Training:

May have bowel movement if put on toilet at appropriate time
Indicates wet pants

Suggested Activities

Provide opportunity to practice walking and climbing stairs with help
Give toys that can be pushed around
Help play with paper & large crayons
Provide toys such as cubes, cups, pans, lids, and/or soft, cuddly toys or rag dolls

Offer finger foods
Use non-spill dishes & cups. Use dishes with sides to make filling of spoon easier
Give baby opportunity to feed himself
Provide water between meals & milk at meals. Do not let child fill up on just fluids at mealtime.
Offer child what rest of family is eating. Do not cook separate meals

Maintain a consistent calming nap & bedtime routine
Use warm, comfortable pajamas, appropriate for the season

Introduce your child to other children (even though she may not yet play with them)
Provide music, books, & magazines
Encourage her to imitate you by allowing her to help with eg. dusting, sweeping, stirring.

Incorporate repetition into daily routines:
Feeding: name baby's foods and utensils, ask if she likes her food, review the day's events simply
Household Tasks: name each item as you clean it. Pronounce words while cooking or preparing foods.
Playing: Name toys when using them. Explain their uses or actions

Let your child see your mouth move while you speak
Encourage verbalization & expression of wants

Respond promptly to signals & clues of child by taking him to bathroom or changing his pants
Talk about pee & poop. Allow child to watch family members use the toilet

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Expected Tasks in This Age-Range

Dressing:

Cooperates in dressing by extending arm or leg
Removes socks, hats, mittens, shoes
Can unzip zippers
Tries to put shoes on

Discipline:

Understands simple commands & requests

In learning to control her own impulses & desires, your child begins testing your limit setting

With improving fine motor control, child can manipulate objects that may be dangerous

Suggested Activities

Encourage child to remove socks, etc. after you have started the task for him
Do not rush your child to complete the tasks
Have child practice with large buttons & zippers

Begin with one rule. Add new rules as appropriate
In selecting new rules, choose those that can be easily & clearly defined, and that are reasonably enforceable at all times

Plan decisive limits & plan to give consistent attention to them

Immediately correct errors in behavior when they occur
Use consistent enforcement of short-term rules (given as verbal commands) and long-term rules (such as for chores & family routines)

Ignore temper tantrums

Praise child for good behavior & for being good throughout the day

Do not allow playing with door knobs or car door handles
Keep away from open windows. Latch screens
Supervise or use fencing around pools, ponds, drains
Lock cabinets or use safety latches
Keep open jars & bottles out of reach
Use gates at top & bottom of steps