

Ages & Stages for Caregivers

18–24 months

This age child is on the go all the time. The child is becoming independent through walking, running, and climbing. This *Ages and Stages for Caregivers* will help you understand what to expect of toddlers this age and how you can best nurture them to meet their needs at this exciting time of growth.

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SIGNS OF DEVELOPMENT —by 24 months

(individual development varies)

Developing Body

- Weighs 20-32 pounds
- Measures 30-37 inches long
- Walks well
- Eats with a spoon
- Drinks from a straw
- Washes hands with help
- Rolls a large ball
- Picks up toys without falling over

Developing Mind

- Shows preference between toys
- Knows 200-300 words
- Points to eyes, ears, and nose when asked
- Is able to listen to short stories

Developing Communication

- Uses 2-3 word sentences
- Tries to sing
- Says please and thank you when prompted

Developing Self

- Imitates others
- Is learning to say “no”
- Has difficulty sharing toys
- Uses “me” and “mine” frequently
- Enjoys attention from adults

HOW YOU CAN HELP

Encourage toddler’s physical development.

Take a walk through the neighborhood, being sure to notice all the colors, sounds, and smells.

This will also:

- Allow you to teach the child about colors, shapes, and textures by exploring the things you find on the walk.

Build on toddler’s curiosity and drive to understand his world.

Provide a box for imaginative play. Be sure to include costumes, hats, shoes, jewelry, and other items that will encourage a child to be creative. Don’t forget to put a mirror on the wall so the little ones can see themselves all dressed up.

This will also:

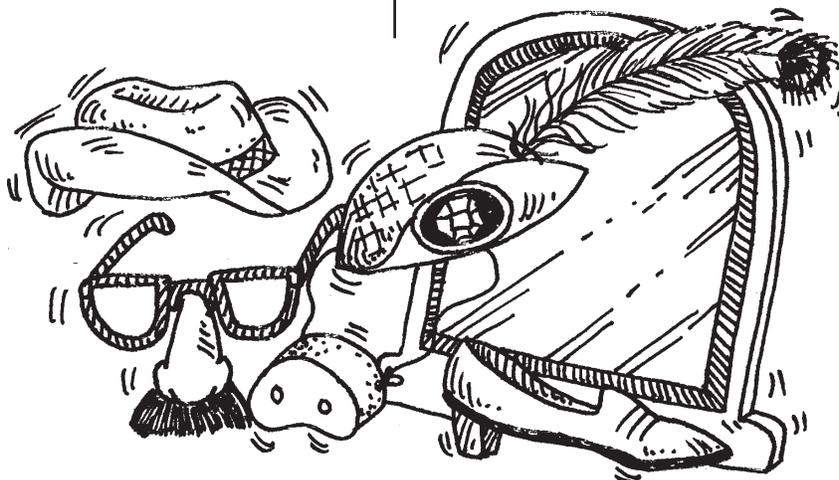
- Encourage the children to play together and share in their adventures together.

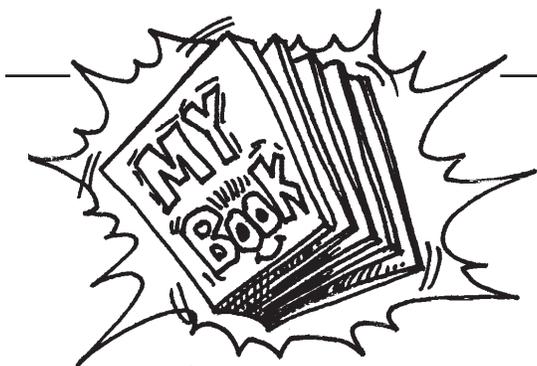
Stimulate his language development.

Do fingerplays with the children and “sing” stories to the tune of a familiar song.

This will also:

- Help the child learn words and develop language skills while doing a fun activity.





A Great Place to Grow

Toys and Materials

- Books, books, and books! Board or cloth books are very sturdy for this age child who is learning to love reading.
- Make your own book with familiar pictures placed in resealable bags.

Safety Tips

- Older toddlers have developed some body strength and are able to break some toys a little more easily. Check toys often for missing pieces and broken parts.

HELP!

My best behaved child decided yesterday to bite another child, then he bit me. What happened?

Biting, unfortunately, does not have a scientific cause. You will need to think about the situation as you try to figure out the cause. First, the child may be teething and it just felt good to relieve the pressure in his mouth. Children this age cannot communicate clearly so he may have been trying to tell you something. He might have wanted some attention and knew from watching that biting was a great way to get your attention. Children also learn by watching and he may have seen another child bite. So, analyze the situation, decide on the cause, and try to confront the real issue.

Working with Parents

As the caregiver, you are around children all day long and are very aware of their love of fun. But parents who spend the majority of their time at work sometimes need a little encouragement to be silly. Show your parents the

silly and fun things you do with their child. Singing, dancing, painting, dressing up, and talking back and forth are just a few simple ways parents can interact with their child and continue the fun from your house to their house.

What to do if you are concerned about a child's development

Child care providers are often in a position to be the first to notice when a young child has a developmental delay, chronic illness, or disability. If you suspect a child's behavior is indicating a problem:

- Talk with parents in a calm way, being careful to say that there probably isn't a problem, but that it would be worth checking out further.
- Work **with** parents, comparing what you have seen in child care with what they have seen at home and talking together about what to do next.
- Suggest resources, community professionals, articles to read, etc.
- Be a compassionate listener; hearing that there may be something wrong with your baby is very tough.

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Reference: Berk, L. (2000). *Child Development* (5th ed.). Needham Heights, MA: Allyn & Bacon.