

18 to 24 Month-Old Toddler

At 18 months your toddler may be able to:

- Walk backwards
- Throw a ball
- Say 15-20 words
- Put two or more words together
- Pull toys
- Stack three or more blocks
- Name simple objects or pictures in books
- Show affection, give kisses
- Scribble
- May show an interest in using the "potty"



At 24 months your toddler may be able to:

- Go up and down stairs, one step at a time
- Kick a ball
- Jump up and down
- Run well
- Stack five or more blocks
- Say more than 20 words

Health Care Needs:

- Toddlers need a well child check up at 18 months and again at 24 months.
- Toddlers still need help brushing teeth.
- Limit drinks and foods that are high in fat and sugar.
- Fruits and vegetables, lean meats, beans, whole grain products, and dairy products are part of a healthy toddler's diet.
- Water is the best drink between meals.
- Most toddlers sleep about 10-13 hours a day. Some sleep all night and need no nap in the day. Others need a nap in the day but don't sleep as long at night.
- Your toddler needs a smoke free home and car.

Safety:

- Be sure your toddler's play areas are safe. Do not leave your toddler alone.
- Keep poisons and medicines out of your toddler's reach
- Keep your home safe for your toddler. Keep all guns, knives, matches, lighters, poisons, and other dangerous things locked away.
- Do not put poisons or cleaners in food containers. Your toddler may think they are good to eat or drink.
- Never leave your toddler alone near water. Your toddler can drown in even a small amount of water.
- Toddlers fall a lot. This is normal.
- Keep your toddler away from hot things like heaters.
- Keep your toddler away from animals and family pets.
- Ask your toddler's health care provider how to make your home safe from lead.
- Keep pot handles on the stove turned inward.

Continued on back

18 to 24 Month-Old Toddler

Car Safety:

- Put your toddler in her car safety seat every time she is in a vehicle.
- Your toddler should be in a forward-facing car safety seat if he weighs 30-35 pounds.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the vehicle the right way.
- Be sure your toddler is strapped into the car safety seat the right way.
- Car seats get very hot in warm weather and can burn your toddler. Cover the seat with a light blanket or towel.
- NEVER leave your toddler alone in a vehicle-not even for a minute!

Sleep:

- Toddlers need 10-12 hours of sleep or rest each day.
- A rest time each day gives you a break, even if your toddler doesn't go to sleep.
- A simple bedtime routine helps your toddler get used to the idea that it is time to rest.
- Toddlers are often afraid of the dark. A special soft bedtime toy may help your toddler to go to sleep.
- If your toddler can climb out of her crib, move her to a low bed.

Toddlers are learning to do things by themselves!

- Simple clothes make it easy for a toddler to put clothes on without help.
- Show your toddler how to zip, snap, and button things. Your toddler will still need help dressing.
- Show your toddler how to wash and dry his hands.
- Let your toddler tell you about what she is doing and seeing.

- Let your toddler use a fork. He will still be a messy eater.
- Encourage your toddler to tell you what she wants rather than getting it for her right away.
- Let your toddler make simple choices, such as choosing which of two shirts he wants to wear.

Toys and games for your toddler:

- Singing and rhyming games
- Music your toddler can sing, dance and clap to
- Plastic snap-together links
- Stacking toys and unpainted wood blocks
- Balls
- Toy versions of adult tools (lawn mower, shovel, kitchen set with dishes, broom, medical kit)
- Soft animals and dolls without small parts such as buttons. Your toddler can choke if small things are put in her mouth.
- Sand toys
- Modeling clay
- Simple puzzles
- Thick crayons and finger paints
- Equipment for safe climbing, sliding and swinging
- Board books with lots of pictures and simple stories
- Dress-up clothes

Things you can do to show you care about your toddler:

- Hug and kiss your toddler. Let your toddler know you care!
- Listen and talk to your toddler.
- Read, talk, and sing songs with your toddler.
- Talk about the colors, shapes and numbers of things in your home and places you go.
- Let your toddler explore and play in safe places.
- Take your toddler to see and explore many different places.