

The following are some of the major milestones (significant developmental skills) that your toddler is likely to achieve between one and two years of age, along with some hints for encouraging her!

| Age       | Milestone  | Tip   |
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| 15 months | Your toddler is becoming increasingly independent. At this stage, she'll take her first step on her own. | Let her stand upright while you face her, holding her hands. Then gently let go, take a few steps back and encourage her to walk towards you.               |
|           | Your toddler can grip two objects in each hand without letting go.                                       | Place two small wooden cubes in her left hand and two in her right hand. She may hold all four even if it's just for a few seconds, before dropping them.   |
|           | She can recognise her name.  | While talking to another adult in your toddler's presence, bring up her name in conversation and see if she turns in recognition.                           |
|           | She'll be fascinated by a box that has something inside it.  | Let her see you put a couple of small toys inside a box with a lid. Hand her the closed box and ask her to take the toys out.                               |
|           | She loves familiar songs and nursery rhymes.   | Sing songs and rhymes to her. Her expression shows she knows what's coming next.  |
|           | She wants to be more independent.  | Give her a spoon to eat with, but be prepared for spills.   |
|           | She's able to finish inset puzzles.  | Give her experience of these first puzzles, but stick to one or two pieces to begin with and be prepared to show her the solution.                          |
| 18 Months | Your toddler is becoming much more active and will be steadier on her feet.                              | Hand her a doll, but drop it before she gets a firm hold. She'll pick it up while remaining steady.   |
|           | Your little one can use words to say what she wants.   | Note how many single words your toddler uses over a couple of days. It may be six or more.  |
|           | Your toddler will do things when asked only once.  | Wait until she's just finished a glass of juice and say, "Give me the cup, please." She's likely to respond almost at once.                                 |
|           | Your toddler understands cause and effect.   | Place a biscuit on a large tissue, so she can reach the edge of the tissue but not the biscuit. Chances are she knows to tug the tissue to get the biscuit. |
|           | Your toddler can grip objects firmly in her hand.  | Show your toddler how to make a tower with wooden blocks. She'll build a tower with up to three bricks before it topples.                                   |
|           | Your toddler can Remember things.  | If she watches a television programme each day, she may tell you the programme's name as soon as you switch on the TV.                                      |

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|                  | She wants to hold a cup by herself.   | Let her use a plastic cup, without a lid and filled only halfway, on her own.  |
| <b>21 Months</b> | Your toddler is becoming increasingly capable. She can now manage more complex tasks. | Fill a cup with a little water. Ask her to pour the water into the second cup. She'll be happy to try, though some may spill.  |
|                  | Your toddler can recognise pictures of things.  | Pick out a favourite picture book, point to a familiar object and ask her to name it.  |
|                  | She has steadier hand control.  | Help her to practice building that brick tower. It should now contain five bricks or so before it falls.   |
|                  | Your toddler likes to discover new places.  | Keep a watchful eye on her because she will be keen to explore at every opportunity.   |
|                  | She can use two words together.   | Talk to her a lot and listen carefully. She may be using two-word phrases, such as 'Want sweetie' or 'Mommy gone'.   |
|                  | Your little one may be ready for toilet training.                                     | Watch for key signs, such as your toddler being aware of having done a wee or poo, or being dry after a nap. But don't force the issue – some children aren't really ready until a few months later. |
|                  | She can name some body parts.   | When she plays with a doll, ask her, "Where's dolly's head (or nose)?" She'll point them out.  |
| <b>Two years</b> | Your child loves playing outdoors.  | Let to her drag a pull-along toy across the grass or sit astride a large toy that has pedals.  |
|                  | Your toddler can use her name in speech.  | Listen to her talking about herself. Instead of, 'Want doll', she may now say, 'Jenny want doll'.  |
|                  | She takes part in imaginative play.   | Give her some toy hats to play with in her pretend-play.   |
|                  | She can manage without help.  | Let her try doing a few things for herself, such as getting undressed or putting on her shoes.   |
|                  | She begins to show hand preference.   | You'll notice she usually favours one hand over the other – watch how she passes you a toy.  |