Ages and Stages
18 to 24 Months

Children this age are truly on the go. A greater sense of independence begins to develop as children begin to walk, run and climb with greater skill. You also may notice that toddlers this age love to imitate everything. Pretending to talk on the phone is a favorite activity.

Physical Development
- Weight: 20-32 pounds
- Height: 30-37 inches
- Walks well
- Likes to run, but can’t always stop and turn well
- Drinks with a straw
- Feeds self with a spoon
- Helps wash own hands
- Stacks 204 blocks
- Tosses or rolls a large ball
- Opens cabinets, drawers and boxes
- Bends over to pick up a toy without falling
- Walks up steps with help
- Takes steps backward
- Enjoys sitting on and moving small-wheeled riding toys
- Begins to gain some control of bowels and bladder; complete control may not be achieved until around age 3; boys often do not complete toilet learning until age 3.5

Intellectual Development
- Has a vocabulary of several hundred words, including names of toys
- Uses 2-3 word sentences
- Echoes single words that are spoken by someone else
- Talks to self and ‘jabbers’ expressively
- Shows preferences between toys
- Likes to choose between two objects
- Hums or tries to sing
- Listens to short rhymes or finger plays
- Points to eyes, ears, or nose when asked
- Uses the words ‘please’ and ‘thank you’ if prompted
- Enjoys singing familiar songs
Social and Emotional Development

- Likes to imitate adults’ actions
- Begins to show signs of independence; says ‘no’
- Has difficulty sharing
- Is very possessive
- Finds it difficult to wait and wants things right now!
- Gets angry sometimes and has temper tantrums
- Acts shy around strangers
- Comforts a distressed friend or parent
- Refers to self by name
- Uses the words ‘me’ and ‘mine’
- Enjoys looking at picture books
- Tries to do many things by himself
- Enjoys adult attention
- Enjoys simple pretend play like wearing hats and talking on the phone
- Enjoys exploring, gets into everything, and requires constant supervision
- Generally is unable to remember rules
- Often gets physically aggressive when frustrated – slaps, hits, etc
- Shows affection by returning a hug and kiss
- May become attached to a toy or blanket

Ideas for Caregivers

- Enjoys dancing with children to music with different rhythms; provide simple musical instruments such as a rattle or an oatmeal box drum. Now is a good time to teach children simple fingerplays such as ‘Eensy Weensy Spider’.
- Talk with children about everyday things. After 18 months, language development seems to explode. Children will be learning new words at a very rapid rate.
- Read simple books with children every day. Choose books made of cardboard or cloth pages. Stories that have familiar objects are best. And encourage toddlers to turn pages.
- Make your own scrapbook of objects or people your toddler knows by using a small, study photos album.
- Encourage language development by expanding on what a toddler says. When the child says ‘kitty’ you can say, ‘Yes, the kitty is little and soft’.
- Play a simple game of ‘find’. Place 3 familiar toys in front of a toddler and say, ‘Give me the____’. See if she tries to find it and hand it to you.
- Encourage a toddler to play dress-up by providing a full-length mirror on the wall and a ‘pretend box’ filled with caps, scarves and old shoes.