Milestones & Development

12-18 Months

FOX & CUB
Family Wellness

Milestones & Development
12 to 18 Months

From 12 to 18 months, it is important for your baby is continuing to practice earlier tasks as well as to explore and discover their surroundings. They do this by moving, grasping, touching and tasting. This developmental stage is called the **doing stage.**

Social Milestones

- Might develop a fear of strange objects, events, and separation from parents
- Enjoys watching and being around other children
- Plays "next to" not "with" other children (not able to share yet)
- Copies others actions
- Begins to show concern for others

Physical Milestones

- Helps feed themself (uses a cup, spoon/fork, picks up food with fingers)
- Stands by themself
- Can walk holding your hand
- Can crawl up and down stairs
- Has food preferences
- Throws a ball
- Stacks 2-4 blocks
- Can take off items of clothing

Emotional Milestones

- Begins to want/need independence
- Resists limits
- Has favourite toys/blankets (comfort items)
- Mood swings and tantrums

Cognitive (Learning & Thinking)

- Object permanence improves
- Searches for dropped/hidden items
- Points to ask for something/show interest
- Can follow simple instructions (1-2 Steps)
- Begins pretend play
- Vocabulary increases monthly
- Can point to familiar body parts/objects
- Favorite words may be "no" and "mine"
- Enjoys simple songs, rhymes, and books

Every baby is different and develops at their own pace. If you have concerns about your baby's development reach out to your trusted healthcare professional.

Milestones & Development
18 Months to 2 Years

From 18 months to 2 years, it is important for your baby to continue to practice earlier tasks and develop autonomy, learning that they are a separate person from you. This developmental stage is called the **thinking stage.**

Social Milestones

- Strong sense of ownership (might keep toys to themselves as "mine")
- Sharing is hard
- Plays beside but not with other children
- Tries to comfort others
- Can recognize self and family in photos

Physical Milestones

- Can walk up and down stairs with help
- Can kick a ball while standing
- Can run
- Likes ride-on toys
- Climbs on/over furniture and small play structures
- Can open doors
- Can feed themself (is very messy)

Emotional Milestones

- The parent is their secure base for exploration (typically stays close while playing)
- Has tantrums due to frustration and fatigue
- Begins recognizing emotions in self and others
- Has more fears/anxieties (Night terrors peak around 2 years)
- Shows affection
- May begin hitting, slapping, and/or biting
- Routines bring comfort

Cognitive (Learning & Thinking)

- Can point to pictures of items/people named
- Helps turn book pages
- Completes simple puzzles
- Understands more words than they can say
- Begins using 2 word sentances
- Moves/dances to music
- Enjoys simple games and rhymes

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Milestones & Development

2 Years Old

From 2 years old, it is important for your toddler to continue to practice earlier tasks and learn to be aware of their emotions and start to be independent. They learn to name feelings and desire to do things on their own. This developmental stage is called the thinking stage.

Social Milestones

- Takes theirtime doing things(dawdles)
- Begin to pretend-play with others
- Likes to please others

Physical Milestones

- Can jump off the floor with two feet
- Might pedal a tricycle a short distance
- Can balance on one foot for a short time
- Can draw circular scribbles and lines
- Can help dress/undressing themself
- Begins to gain control over their bladder and bowels. (Accidents while toilet training are common.)
- Aware of their bodily functions

Emotional Milestones

- Tests parent's limits
- Wants/needs to do things independently
- Wants to be "big" at times and "little" at other times
- Poor impulse control
- Difficulty stopping enjoyable activities
- Less physical response to frustration (hitting, bitting) as talking improves

Cognitive (Learning & Thinking)

- Asks "what's that?"repeatedly
- Recognizes some shapes/colours
- May think that toys/objects are alive
- Can sort objects by shape/color/size
- Uses 2-3 word sentences
- Has a word for almost everything
- Understands 'in' 'on' 'under'
- Words are better understood by others
- Knows own name
- Begins counting

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