

12 to 18 months

“what I like”

- To be up on my feet.

“what I can do”

- Pick up food and put it in my mouth.
- Stand alone.
- Point to what I want.
- Take a few steps forward.
- Bend my knees to crouch.
- Empty the contents of a container.
- Purposefully throw a ball.
- Grasp a mark-making object in the palm of my hand.
- Walk forward holding something in my hands.
- Help take off my clothes.



PHYSICAL DEVELOPMENT TIPS

- Put out different size containers for filling, mixing and emptying.
- Play with different size balls for kicking, throwing and rolling.
- Provide squidgy materials for your toddler to strengthen their hands.
- Give your toddler different size containers for carrying heavy materials, such as sand and stones.
- Provide toys to push and pull.
- Help your toddler to practice their dressing skills.
- Bounce your toddler up and down, while they are sitting on your knees or your ankles.
- Hold your toddler under their armpits and around their chest, facing away from you. Swing their legs from side to side and through your legs.
- Give your toddler plenty of opportunities for walking over different surfaces in bare feet.

