



Emotional Development

Your Toddler at 19 to 24 Months

Typical Emotional Skills

- Is developing a range of emotions (e.g., may have tantrums, show aggression by biting)
- Is pulled between needing to show independence and still feeling dependent
- Still cautious around unfamiliar adults (e.g., will play with a new adult in the presence of a familiar person)

Emerging Emotional Skills

- Uses words such as “no” a lot
- Shares a piece of food
- Familiar with routines and the order of the day; is unhappy about any changes in routine

Comfort

If you do this:

- Recognize and name your child's emotions (e.g., “Your crying tells me you are sad”)
- Suggest ways to deal with her feelings

Your toddler will:

- Learn the words to use when talking about feelings
- Feel comforted and supported to learn ways to deal with her emotions

Play

If you do this:

- Sing songs that use emotion words (e.g., “If you're happy and you know it, clap your hands”)
- Read stories that explore different emotions and discuss the character's perspective

Your toddler will:

- Begin to associate certain emotions with behaviours
- Begin to see what can make others sad, happy, angry, etc.

Teach

If you do this:

- Notice when your child is frustrated and help him deal with his emotions
- Offer your child different choices to help him cope with his feelings

Your toddler will:

- Know you will help him cope with challenging feelings
- Begin to develop some strategies to deal with his emotions

Social Development

Your Toddler at 19 to 24 Months

Typical Social Skills

- Enjoys playing alone for a few minutes (e.g., building blocks, drawing, looking at books)
- Shows ownership or possession of objects and cannot share easily
- Says “no” and likes to do things without help

Emerging Social Skills

- Distinguishes herself as a separate person, contrasts herself with others
- Begins to be toilet trained
- Puts on simple clothing without help

Comfort

If you do this:

- During everyday routines (e.g., walks, mealtimes), talk about family and friends
- Follow your child's lead rather than direct the play yourself

Your toddler will:

- Enjoy talking about people she knows and loves
- Learn that his ideas are valued and that people will listen to him

Play

If you do this:

- Look at family photos so your child can find himself and identify familiar people
- Set up a water play activity with a friend; give them dolls, sponges, and towels

Your toddler will:

- Learn to recognize and name family members; think about her relationship to them
- Develop and practice social skills like sharing and turn-taking while enjoying a soothing sensory activity

Teach

If you do this:

- Prepare your child ahead of time for new social events
- Let your child help with chores (e.g., wiping spills, putting clothes in drawers)

Your toddler will:

- Anticipate what will happen and think about what she might like to do at the event
- Learn to feel responsible as he participates in daily family routines

Fine Motor Development

Your Toddler at 19 to 24 Months

Typical Fine Motor Skills

- Fits cups and boxes inside each other (nesting)
- Takes off shoes, hat and socks
- Strings large beads, using one hand to slide the bead while the other hand holds the string

Emerging Fine Motor Skills

- Opens doors by turning knobs
- Snips with child-sized scissors
- Folds paper in half

Comfort

If you do this:

- Allow your child to undress as much as she is able
- Provide lots of containers during bath time

Your toddler will:

- Feel independent while practicing eye-hand coordination
- Enjoy the sensory pleasure of pouring water in and out of containers repeatedly

Play

If you do this:

- Provide large beads or buttons with a shoelace or string for beading
- Offer simple foam boards or shape sorters (no more than 3 shapes)

Your toddler will:

- Practice the fine motor coordination sequence required for inserting, threading and pulling
- Use his eyes and hands to practice distinguishing differences of shapes, such as circles, squares and triangles

Teach

If you do this:

- Help your child make pictures using stickers; talk to her about what she is doing
- Invite your child to open and close plastic containers in your kitchen

Your toddler will:

- Practice the two-step process of peeling/lifting the sticker off and placing it somewhere on the paper
- Use fine motor skills to put on and remove lids

Gross Motor Development

Your Toddler at 19 to 24 Months

Typical Gross Motor Skills

- Rides on small wheeled toys
- Carries a large toy while walking
- Walks backwards or sideways pulling a toy

Emerging Gross Motor Skills

- Walks on tiptoes
- Throws and retrieves objects
- Jumps in place with both feet

Comfort

If you do this:

- Provide child-sized furniture
- Provide child-sized versions of adult things (e.g., soccer ball)

Your toddler will:

- Feel more in control if he can sit in a small chair and at a small table to do his activities
- Feel like he can do really important things with his body

Play

If you do this:

- Provide your child with toys that allow her to push and pedal with her feet
- Pretend you are at the zoo and ask your child to move like animals (e.g., hop like a frog)

Your toddler will:

- Practice climbing on and off riding toys and learn to coordinate her eyes, feet and hands
- Practice and refine new motor abilities while using her imagination

Teach

If you do this:

- Describe your child's movements and actions as he climbs the stairs, jumps over an object or crawls under a chair
- Play different kinds of music for your child to dance to (e.g., march, rock 'n' roll, waltz)

Your toddler will:

- Learn to label his own actions and begin to understand words related to position (e.g., up/down, over/under, through)
- Respond creatively by inventing his own movements and physically interpret the mood and speed of music

Intellectual Development (Language & Thinking Skills)

Your Toddler at 19 to 24 Months

Typical Language Skills

- Uses two-word sentences (e.g., “more juice” or “want cookie”)
- Jabbers in run-on flow of words while talking to stuffed animals or self
- Names some pictures in a book

Emerging Language Skills

- Sings simple songs with correct words and actions
- Starts to use plurals
- Uses past tense

Typical Thinking Skills

- Understands how familiar objects are used (e.g., spoon for eating, ball for throwing)
- Understands the passing of time and the meaning of “not now” and “when we go home”
- Shows increased memory for details and routines (e.g., remembers where objects

Emerging Thinking Skills

- Explores one-to-one correspondence
- Has a sense of more than one
- Understands two-part requests (e.g., “Go to the shelf and bring over the blocks”)



Comfort *If you do this:* 


- Follow your child’s lead in play, allowing her to be the director of the activities

Your toddler will:

- Begin to develop a sense of control about what she does and feel that you value her efforts

- Read books to your child that reflect her reality (e.g., going to the doctor)

- Begin to recognize common events and situations in printed materials


Play *If you do this:* 

- Count fingers, toes, eyes, ears, mouth and nose during bath or play time
- Provide different size containers for water and sand play

Your toddler will:

- Develop a strong sense of physical self

- Explore relationships of size in objects as well as concepts like empty and full

Teach *If you do this:* 

- Point out familiar sounds when walking or playing outside (e.g., car horns, dogs barking)
- Challenge your child to build on his existing skills (e.g., if he stacks 3 blocks, add one more)

Your toddler will:

- Begin to distinguish different sounds and learn the names for them
- Feel confident enough to try to overcome the challenge

Notes

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