

# What's It Like To Be 17 & 18 Months Old?

## How I Grow

- I like to lug, tug, and drag things.
- I want my own way almost all the time.
- I can walk upstairs if you hold my hands.
- I'm learning to creep backward downstairs.
- I'm beginning to use one hand more than the other.
- When things don't go my way, I get angry.
- I like to grab anything I can reach.
- I like to run, but I fall or bump into things sometimes.

## How I Talk

- I often have long babbled conversations with myself.
- I try to sing and I like to have you sing to me.
- I can say about 10 words but mostly I used the word "no."
- Sometimes I can ask you for what I want, by naming it.
- Sometimes I will do what you ask me to do.
- I'm getting good at imitating words.
- I understand more words than I can say.
- I am beginning to understand the meaning of "now."

## Play I Enjoy

- I like playing with nesting toys and stacking toys.
- I often run around without any particular plan.
- I like pushing things like wheel toys and large toy boxes around the floor.
- I may be able to string large, colored, wooden beads. I like blowing bubbles.
- I still don't play very long with any one thing.

Date	_____
Weight	_____
Height	_____
Head Circumference	_____
Next Appointment	_____

### What I Have Learned

- I can fit a round block into a round hole.
- I can point to one or two parts of my body if you name them.
- I can copy the simple lines you make on paper.
- I may be able to match circles/squares on a board.
- I am beginning to remember where things belong.
- I can use a stick to get a toy.
- I can build a tower of two or three blocks.
- I can turn pages of a book.

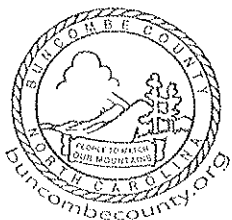
### How I Get Along With Others

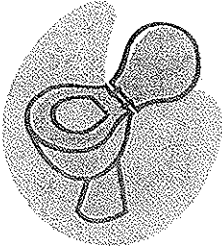
- I'm still mostly just interested in myself.
- I may be grabby.
- Sometimes I'm stubborn and bossy, and sometimes I'm loving;
- I'll be calmer and friendlier, in a few months.
- I may have temper tantrums when I'm tired, angry, or frustrated.
- I still love to show off and get attention.
- I may be afraid of some things, like thunder, and lightning and large animals.

### What I Can Do For Myself

- I can help put toys away.
- I may be able to turn on some faucets.
- When I'm ready for bed, I may bring you my pillow or my favorite stuffed toy.

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# Is My Child Ready for Toilet Training?

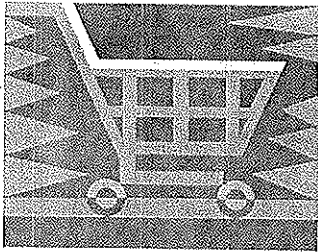
There are many opinions about toilet training and many ways to toilet train. Some methods are based on people's personal experiences, family traditions and cultural practices.

Some children are trained early - between 1 and 2 years of age. Others are trained later - between 2 and 3 years. Although it is possible to train a younger child, it is much harder and more stressful for the child. Most children are ready to be toilet trained some time after their second birthday. The first step in successful toilet training is knowing when your child is ready and following your child's lead.

Here are some things that will tell you that your child might be ready for toilet training:

1. Your child can and will follow verbal directions.
2. Your child shows an interest in other family member's bathroom activities.
3. Your child communicates in some way (with a word or a sign) that she has a full bladder or is about to have a bowel movement.
4. Your child's bowel movements are on a predictable schedule.

If your child is ready, there is information available about toilet training. Even if your child is not quite ready, you can buy her a potty chair and help her to get comfortable with this new experience. Tell your child what the potty is for and let your child sit on it (even fully clothed) when she is interested.



# "Me Go Too!"

## Survival Strategies for Shopping with Toddlers

Shopping with toddlers is hard work! How can you and your toddler avoid disaster and enjoy your time together?

**Timing is Everything.** Make sure your child is well fed, rested and feeling OK when you go shopping.

**Make a Plan and Keep it Short.** Plan to keep time in the store, on the bus or in the car short. Make a grocery list and organize it by where the items are located.

**Be Prepared.** Always pack a bag with snacks, toys and books. These are important tools for keeping your child entertained or comforted.

**Set Clear Limits.** Tell your child what the rules are for behavior and remind your toddler of the rules while shopping.

**Avoid Problems.** Stay away from toy and candy aisles. Find the "candy free" check out aisle if your store has one. Stay away from shops that aren't "child friendly" and have lots of breakable items.

**Make Shopping a Game.** Keep your child busy by counting items together or finding different colors in the store. Your child may be able to pick out some items on your list from the shelves.

**Know When Enough is Enough.** When your toddler shows signs of being too tired or overwhelmed to go on that last errand, don't push it. Call it a day and plan to do that errand another day. Save both of you the stress!

**Reward Good Behavior** Create a special reward for after shopping. Take a trip to the park or go for ice cream. Shopping is hard - you both deserve a treat!

# When Toddlers Break Rules

All children need limits - and all children "test" those limits. So what are you to do when your child continues to test limits after you have tried everything else?



Here are some ways to handle misbehavior . . . .

## Ignore the behavior

Example: Your 22 month-old is banging the wooden spoon on the pot after you have told her to stop because the noise is bothering you. Simply ignoring her behavior may be all that's needed! Your toddler may continue for a minute or two, and stop when she realizes that you are not going to do anything.

## Give a consequence

Example: Your 2 ½ year-old continues to color the table with crayons after you repeatedly told her to color on her paper. Taking the crayons away from your child for a day would be a fitting consequence for her misbehavior. At the end of that time remind your child why her crayons were taken away and give her a hug.

## Have a brief Time-Out

Example: Your 2 year-old continues to jump on the couch even though you have tried to redirect her and repeated the rule. Place your child in her crib or another safe confined space for a short time. (One or 2 minutes is all that is necessary to make your point!) At the end of that time remind your child why she was placed in her crib and give her a hug.

Remember to . . . be firm without being angry, be consistent, and follow through with your actions.

## What about spanking or threatening your toddler?

People who study the development of young children generally agree that spanking and other physical punishment (like shaking, pinching, and hitting) are not necessary for discipline and may be harmful to the child. Physical punishment, or the threat of it, is not likely to teach children to control themselves. In fact, it may teach them that hitting or hurting others is okay. It may also be harmful to punish a child by saying to her that you will leave her or stop loving her. Threats can cause your toddler to feel she can't trust you or that she is not important to you. She may feel fearful and insecure, and therefore may be less willing to cooperate with you. Children learn more quickly and easily with teaching and guidance than with criticism and punishment.

# "It's Mine!"

## Sharing and Turn Taking in Toddlerhood

Taking turns and sharing can be very difficult for toddlers. They are just learning social rules and how to behave with other children. They are beginning to understand the concept of ownership (mine!), but think everything belongs to them! Toddlers still believe they are the center of the universe, and they can't fully understand another person's needs. Toddlers also have limited impulse control, so it's amazing that they share or take turns at all! Here's how you can help your toddler.

### Don't Expect your Toddler to Take Turns and Share.

Toddlers often don't understand what sharing and turn taking means. They might not have the ability to wait or give up a favorite toy. Expect and accept that there will be problems, then you won't be upset when they happen.

**Model Good Sharing and Turn Taking.** Toddlers can and do learn from example. Show them how to share by modeling it for them. *"You can have half of my banana." "You go first, I'll wait for my turn second."*

**Let your Child Know.** *"I know you want the truck. It's hard to wait. You're trying so hard!"*

**Teach and Model Empathy.** Show your child the effects of her behavior on others, but don't demand that he apologize. Teach your toddler about empathy by your words and actions. *"When you took the crayons, Ana felt very sad. Poor Ana."* This is more effective than demanding an *"I'm sorry."*

**Praise Attempts and Successes.** *"What a great job waiting." "I know you tried very hard to wait for your turn." "I bet you'll be able to do it next time."*

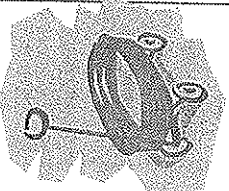
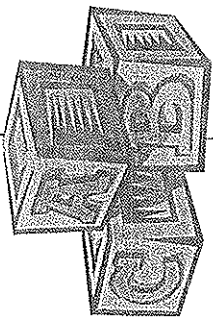
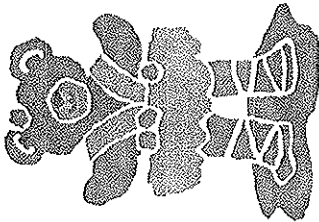
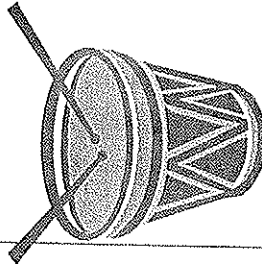
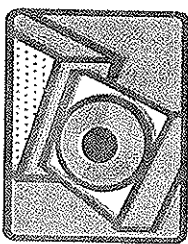
**Make Sharing and Turn Taking a Game.** *"Let's play catch, your turn first." "We'll sing while we wait." "I bet we can think of ten songs to sing!"*

**Set a Timer.** *"You can play with the bike for 5 minutes, then when the bell rings, it's your brother's turn."*



# TOYS FOR TODDLERS

## 18 Months +

MOVEMENT	USING HANDS	WATER PLAY	PRETEND PLAY	MUSIC	LISTENING & TALKING
<p>Wagon Pull toys Ride on toys Big balls Bean bags</p> 	<p>Blocks Large, press together bricks Pop-together beads Shape sorter Nesting cups Simple puzzles Dump and fill containers Scrap paper, magazines, grocery bags Crayons Old Keys Flashlight Play Dough</p> 	<p>Squeeze bottles Sponges Plastic cups Soap crayons</p>	<p>Old clothes for dress up Toy phone Plastic kitchen utensils Empty cereal boxes and milk cartons Dolls Plastic or wooden family and animal figures Baby bottles Blankets Mirror (unbreakable) Toy vehicles</p> 	<p>Drum Shakers Pots and pans Musical tapes Sing along videos Child tape player</p> 	<p>Sturdy, colorful board books Songs &amp; rhymes Finger plays Musical tapes, records &amp; CDs Alphabet blocks and puzzles.</p> 

## Toddlers: 1 Year Old

\* **Pat, Pat, Pat.** Gently pat your child's head 3 times and say "*This is your head - pat, pat, pat.*" Take your child's hand and show her how to pat your head while you say "*This is mommy's head - pat, pat, pat.*" Do the same with your knee, tummy, and foot.

\* **Roly Poly.** At first you may have to help your child do the movements in this game.

*Roly poly, roly poly* (roll one hand over the other)

*Up, up, up.* (hold arms up in the air)

*Roly poly, roly poly* (roll hands again)

*Down, down, down.* (hold arms down to the sides)

*Roly poly, roly poly* (roll hands)

*Out, out, out.* (hold arms straight out to the sides)

*Roly poly, roly poly* (roll hands)

*In, in, in.* (bring arms to your chest)

\* **Finger Run.** Say the poem while helping your child with the actions. Say the poem again and let your child imitate you doing the actions.

*Ten little fingers,*

*they all belong to me.*

*I can make them do things.*

*Would you like to see?*

*I can shut them tight,*

*or open them wide.*

*I can put them together,*

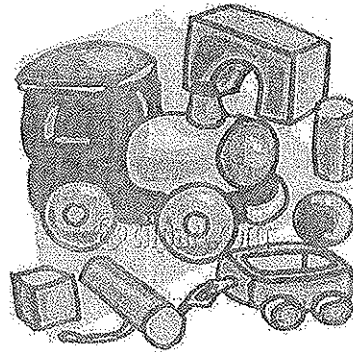
*or make them all hide.*

*I can make them jump high.*

*I can make them jump low.*

*I can fold them quietly.*

*And hold them just so.*



\* **Hot and Cold.** Sit with your toddler on your lap facing you. Say "*I'm so-o-o-o hot.*" while lifting your child up into the air. Then say, "*I'm so-o-o-o cold.*" while bringing your child gently down to the floor. After a few times, ask your child whether he wants hot or cold. Act out whichever he chooses.