

Developmental Checklist 21 to 24 Months

During the next year, your baby will learn to say about 300 new words. Your baby is learning how to use words. He has learned to say "NO!" In fact, "NO" may be one of his favorite words. He likes to show others all the things he can do. He will continue to ask many "What," "Where," and "Why" questions. Be very careful when you talk because he will learn to say what he hears you say.

Things Your Child May Do At This Age

- Walk with more direction to his movements and remember familiar places as well as things that happened at those places
- Kick a ball forward without losing balance
- Walk up and down stairs alone (while holding onto the railing)
- Jump and stand on tip toes
- Understand and follow simple commands
- Point to specific objects he wants and tell you that he wants it
- Understand longer, harder sentences
- Ask many questions: "What", "Where", "Why"
- Recognize, name and pick out common objects
- Enjoy music and begin to develop a sense of rhythm

Special Tips

- Make sure your baby feels secure and knows that his or her needs for love and comfort will be taken care of.
- Make sure your baby gets enough sleep.
- Make sure he eats nutritious foods each day: milk, fruits, vegetables, meat or cheese, bread and grains.
- Remember, praising and being a good example for your child are much better teachers than using a loud voice to correct a child or punishing him or her.

Safety Tips!

- Climbing onto objects is a major activity. Toddlers cannot judge heights – check windows to make sure screens are locked and secure.
- Make sure that your toddler is buckled in the back seat in his car seat when you go for a ride in a car.

Health Hints

- Well Baby Check-ups: 24 months.
- Keep working to build the habit of brushing teeth before bedtime. Use a soft toothbrush and make it fun. Your child will follow your example. Brush your teeth at the same time.

Nutrition Notes

Each day your child should eat about 2 ounces of meat, fish or cheese, 3 small servings of vegetables, 2 small servings of fruit, 6 small servings of bread and other grains and 2 servings of milk.

Things You Can Do Every Day To Help Your Baby Grow

- Play running, jumping and stooping games. For example, play an easy "Simon Says."
- Let him walk upstairs, stack groceries, climb into a car and into his car seat
- Go for long walks. Point out and name the things you see
- String large beads, stack blocks and lace shoes with her
- Let him listen to music and sounds. Reinforce words such as soft and loud
- Use simple sentences as examples for her to say

- Reinforce words throughout the day. For example, when you put her in her high chair say. "It's time to eat. Let's sit down in your chair." Use the correct words for objects. Say the words for the objects when your child points to them. Repeating words for your child and linking them to things he or she can see, touch, hear, see and smell, will help your child understand words and how to use them.
- Act out "opposite words" such as short and tall; big and little; heavy and light.
- Allow him to feed and dress himself.
- Allow her to help with simple chores.
- Let him ask for what he wants.
- Look at picture books and magazines with your child.