

## Developmental milestones 18 to 24 months

As children grow, so do their skills. While not specific to your child, this education sheet can help you know what skills your child is likely to develop at this age.

Children develop at their own rate, learning some skills much quicker than others.

Progress also starts and stops. As some skills are learned, your child might go back to an earlier stage in some other areas for a time. If you have any questions or concerns about your child's development, talk with your doctor or nurse practitioner.

### Gross motor skills

— skills that use large muscles (legs, arms, trunk, and neck)

- squat during play
- throw ball forward
- try to catch a ball with arms and body
- jumps with galloping motion
- use legs to propel non-motorized, ride-on toys
- walk up and down stairs when one hand being held by an adult

### Fine motor skills

— skills that use small muscles (hands and fingers)

- turn pages in a book one at a time
- place pegs in a pegboard
- string larger-sized beads
- build towers of four or more blocks
- scribble, try to draw lines up, down, and across a page, as well as circles

### Self-help skills

— skills that help children become more independent

- feed self with a spoon and fork
- suck through a straw
- eat a combination of textures and chopped table foods
- push arm through armholes in T-shirt to help with dressing
- undress completely except for fasteners
- understand and stay away from common dangers: sharp or hot objects

### Cognitive skills

— mental skills (thinking, learning, problem solving)

- actively explore cabinets and drawers
- put things in and away
- name six body parts
- sort objects by shape or color
- enjoy simple make-believe play
- participate in turn-taking

### Speech skills

See the education sheet, "Speech and language development: 18 to 24 months."

### Questions?

This sheet is not specific to your child, but provides general information. If you have any concerns about your child's development, ask your doctor, nurse practitioner, or therapist.