

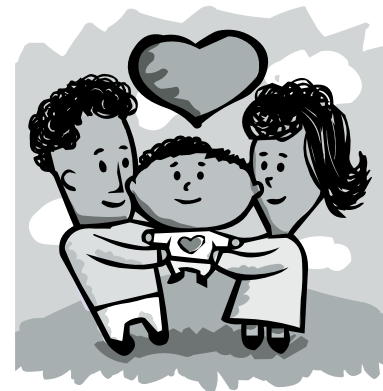


## CHILD-DIRECTED PLAY



- Encourage your child to explore new objects, settings & people
- Follow your child's lead
- Pace at your child's level
- Don't expect too much—give your child time
- Don't compete with your child
- Praise and encourage your child's self-discovery and creativity; don't criticize
- Engage in pretend and make-believe with your child
- Be an attentive and appreciative audience
- Give your toddler choices when possible
- Allow your child to change her mind; be process oriented vs. product oriented
- Curb your desire to give too much help—give just enough support to avoid frustration but not so much you take over your toddler's exploration
- Reward quiet play with your attention
- Laugh and have fun

I practice  
child-directed  
play

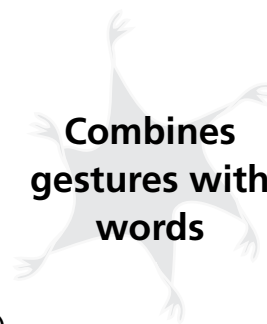




## REFRIGERATOR NOTES

### Social & Emotional Developmental Landmarks 12–18 months

- Gesture, point and babble (12 months)
- Wave bye-bye (10–12 months)
- Use two words skillfully (13 months)
- Enjoys looking at self in mirror (13–14 months)
- Holds out arm or leg to help with dressing (13–14 months)
- Combines gestures with words to make needs known (14 months)
- Imitates others (14 months)
- Initiates games (14–15 months)
- Responds to instructions (14–15 months)
- Uses spoon (14–15 months)
- Drinks from a cup with assistance (14 months)
- Uses three words (15 months)
- Adopts “no” as favorite word (15–16 months)
- Becomes attached to object such as a blanket (16 months)
- Switches from two naps to one (16–17 months)
- Uses some common consonants (t, d, n, w) (16 months)
- Uses six words regularly (17 months)
- Enjoys pretend games (17 months)
- Enjoys music and dances to music (17 months)
- Says please and thank you (18 months)
- Will look at pictures in a book, point to pictures and can turn pages on own (18 months)
- Responds to questions with pointing and sounds to indicate some conversation (18 months)
- Looks at object that parent points to rather than parent’s finger (18 months)
- Understands about 100–150 words but cannot say them (18 months)
- Is immensely curious to examine objects (12–18 months)





## REFRIGERATOR NOTES

### Physical Developmental Landmarks 12–18 months

- walk and cruise
- holds out arm or leg to help with dressing (13-14 months)
- toddles well (14 -15 months)
- runs (15-16 months)
- increased hand movements—can turn pages of a book (16 months)
- enjoys climbing (16-17 months)
- stacks blocks (16-17 months)
- throws a ball (18 months)
- scribbles (18 months)

