

# My Child's Developmental Guide

## Gross Motor

- Climbs stairs with one hand held or holding on to rail (18-24 months)
- Throws ball overhand (24 months)
- Runs (24 months)
- Jumps with 2 feet off the ground (24 months)
- Kicks a ball (24 months)

## Fine Motor and Vision

- Matches 3 shapes in a shape sorter (19-20 months)
- Opens and closes cover of a flip lid container (20-22 months)
- Builds tower of 6 cubes (24 months)
- Imitates vertical strokes (24 months)
- Screws and unscrews jar lids/bottles caps (24 months)

**18 to 24 Months**

## Language and Hearing

- Points to 2-3 body parts (18 months)
- Says 10-20 words (18 months)
- Follows 2-step instructions (24 months)
- Says 50 words and 2-word phrases (24 months)

## Personal Social

- Imitates housework (18-19 months)
- Pretend play e.g. feeds doll
- Eats with spoon (24 months)
- Can completely remove her own clothing (shirt, shoes, pants) (24 months)
- Plays near other children (24 months)



## Activities you can do with your child



- **Kick** a ball back and forth with your child. When your child is good at that, encourage her to kick the ball and run.
- **Bring** your child to the park or playground and allow her to explore. Ensure that your child is supervised at all times.
- **Get** your child to help carry small items while walking (e.g. light groceries).
- **Ask** your child to help you to open doors or drawers as well as to turn pages in a book.
- **Encourage** your child to play with blocks or puzzles that feature shapes, colours, animals or fruits. Name each piece when it has been put in place correctly.
- **Teach** your child to identify and name body parts, animals and other common things.
- **Expand** on what your child is saying. E.g. if your child says “ball”, you can say “bounce the ball”.
- **Talk** about what you are doing or what your child is doing during pretend play and other daily activities.
- **Encourage** your child to communicate her needs.



- **Avoid** use of screen media other than video-chatting or co-viewing and co-engaging in limited high-quality programmes.

## Flag out when your child



- Does not walk steadily.
- Fails to develop a heel-toe walking pattern after 4-5 months of independent walking.
- Walks only on toes.
- Does not imitate words or actions by 24 months.
- Does not follow simple instructions by 24 months.
- Does not say 2-word phrases by 24 months.
- Lost language or social skills.
- No pointing or sharing interest by 24 months.
- Does not respond readily to affection.
- Prefers to play alone.

**Consult** a doctor if you are concerned about your child’s development.