

30 Days of Developmental Activities: 18 to 24 Months



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Little Helper</p> <p>Toddlers love helping their parents, so why not enlist them to remove clothes from the dryer, unload the dishwasher, wipe up spills, and dust or sweep the floor. It's all good practice, makes them feel special and helps you out at the same time.</p> <p>Skills: Gross/fine motor, imitation, language, & self-help.</p>	<p>Dress Up</p> <p>Before you donate those old hats, shoes, scarves & clothing to Goodwill, make a dress up box for your child. Kids this age love wearing adult clothing and accessories, and don't fret if your little boys want to join in too. You can also add safe jewelry and purses/backpacks.</p> <p>Skills: Self-help, dressing, imaginary play.</p>	<p>Movers & Shakers</p> <p>Use old soda bottles, medicine jars, oatmeal boxes, etc. and fill them with beans, rice, marbles, or anything that makes fun noises. Be sure to seal the boxes tightly because some of the small items may be choking hazards. Kids can decorate the sealed containers with paints or markers.</p> <p>Skills: Fine motor, wrist rotation, creativity, rhythm, music appreciation.</p>	<p>Paint with Water</p> <p>Kids love to use large adult paint brushes and this can be done in a non-messy way by using water & a chalk board. Fill a cup with water and let your kids go to town painting with water. Outside, they can paint the house, fence or driveway, a great summer fun activity.</p> <p>Skills: Fine motor skills and creativity.</p>	<p>Hit the Target</p> <p>Toddlers love to throw anything and everything, so re-direct this behavior by teaching them throw toward a target. Use a box or laundry basket and let them toss balls, toys, etc. inside.</p> <p>Skills: Gross motor, fine motor.</p>	<p>Ramp It Up</p> <p>Place a book or a cutting board on a small pillow to create a ramp. Show your child how to race cars down the ramp or roll small balls down the ramp. If it is strong enough they can walk down the ramp themselves.</p> <p>Skills: gross motor, fine motor.</p>	<p>Blanket Slide</p> <p>If you have hardwood or non-carpeted floors somewhere in your home, you can use a large blanket and have your child sit on the blanket. Pull or spin them around on the floor providing lots of giggles and fun. See if they can maintain a sitting position while you change direction quickly.</p> <p>Skills: Gross motor, sitting balance, sensory.</p>

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Kickball</p> <p>Toddlers are just learning to balance briefly on one foot in order to kick a large ball. Provide opportunity to kick a stationary ball before working on kicking a rolling ball, which is much more difficult. A large ball is easier than a small ball to start with.</p> <p>Skills: Gross motor, one legged balance, coordination.</p>	<p>Throw It To Me</p> <p>Start reading a bedtime story to your baby from birth onward. You can make up stories or read short books. It doesn't matter what you say; your baby is absorbing every word, even though she cannot talk yet.</p> <p>Skills: Gross motor, fine motor, grasp, coordination, controlled release, balance.</p>	<p>New Words</p> <p>At this age, children are learning new words on a weekly or daily basis. Keep a word list on your phone or on your fridge so you can record any new words you hear your toddler repeat or try to say. This way everyone in your family can encourage the use of these words during play.</p> <p>Skills: Expressive language.</p>	<p>Build It Up</p> <p>Many toddlers are used to stacking interlocking Legotype blocks. Instead use regular wooden blocks or stack empty tissue boxes in order to promote controlled release & balance during stacking. See how many your child can stack and encourage him to knock them down.</p> <p>Skills: Fine motor, grasp, controlled release, balance, dexterity, cognitive concepts of color and number.</p>	<p>Pull It Through</p> <p>Use a colander/strainer and craft pipe cleaners. Encourage your child to poke the pipe cleaners through the strainer and pull them through. This gets them ready for later activities like bead stringing and lacing cards.</p> <p>Skills: Fine motor, pincer grasp.</p>	<p>Roll the Dough</p> <p>Use store bought Play-Doh or easily make your own from a recipe on the internet. Provide cookie cutters, a rolling pin or a large wooden dowel for your child to get creative. Pretend you are baking cookies or let your child lead with her own imagination.</p> <p>Skills: Fine motor, sensory, tactile, imaginary play.</p>	<p>Who Is That?</p> <p>Look in the mirror with your child and ask "Who is that?" or "What is her name?" See if she can answer with "me" or her name. Talk about what else she may see in the mirror including Mommy or Daddy. Review body parts or stick out your tongue and see if she can imitate you.</p> <p>Skills: Sense of self, receptive/expressive language, imitation.</p>

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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Family Photo Fun</p> <p>Pull out photos or photo albums and ask your child to identify people in the pictures including themselves.</p>	<p>Puff, Puff, Blow</p> <p>Use whistles, kazoos, or pinwheels to work on blowing which strengthens lips, mouth, and jaw. Or place cotton balls on a table and have a race to see who can blow theirs off the table first.</p>	<p>My Tongue Can Wiggle</p> <p>Place dots of peanut butter to the sides of your child's mouth and above or below his lips. Have him look in the mirror. See if he can use his tongue to lick the peanut butter.</p>	<p>Label My Feelings</p> <p>Use pictures in books or magazines or make faces to demonstrate and label feelings of happy, sad, mad, frustrated, and scared. Help your child recognize when he is feeling this way.</p>	<p>Obstacle Course</p> <p>Use furniture, pillows, blankets, etc. to create an obstacle course for your toddler which requires him to walk, run, crawl under, crawl through, step over, step on, balance, throw, kick, jump and/or climb. This can be done inside or outside.</p>	<p>Treasure Hunt</p> <p>Gather your child's favorite toys and a few novel objects and hide a few things in each room. Tell your child she is going on a treasure hunt & encourage her to hunt for the treasures you have hidden while you provide her with clues like "Your favorite doll is behind the dresser."</p>	<p>Tell Me What To Do</p> <p>At this age many parents feel like all they ever say to toddlers is "no, stop, don't." Instead of telling your toddler what not to do, tell them what TO do. For example, instead of saying "don't jump on the couch," say "feet stay on the floor."</p>
<p>Skills: Receptive/expressive language, sense of self, identification.</p>	<p>Skills: Language and oral motor strengthening.</p>	<p>Skills: Oral motor skills, tongue movement and lateralization.</p>	<p>Skills: Social-emotional development, language.</p>	<p>Skills: Gross motor, balance, coordination, following directions, language.</p>	<p>Skills: Listening, following directions, language.</p>	<p>Skills: Following rules, listening, promoting good behavior.</p>

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Squeeze & Drop</p> <p>Use a large empty can (preferably with a metal bottom) with non-sharp edges and place clothes pins around the rim. Have your child squeeze the clothes pins and then drop them into the can through a small hole cut into the lid.</p>	<p>Texture Bins</p> <p>Use large plastic bins with lids. Fill bins with different dry textures such as beans, rice, sand, cotton balls, etc. Pull out bins on rainy days or during winter when outdoor sand play is impossible. Use sand toys, spoons, cups, etc to dump & fill. Hide toys in bins & encourage her to find them.</p>	<p>Save Your Containers</p> <p>No need to buy pretend food items at the toy store; just save your yogurt containers, egg cartons, plastic soda bottles, etc. and let your child pretend to cook or play a trip to the store with these recyclable items.</p>	<p>What's That Sound?</p> <p>Encourage your child to identify familiar and novel sounds by listening. For example, when the microwave bell rings ask "What was that sound?" When a fire truck passes by, help your child identify the sounds by sampling listening and recognizing what they heard.</p>	<p>Choices</p> <p>Toddlers love to be in control and giving them choices is one way to let them have it. During dressing ask "Do you want to wear the red shirt or the blue shirt today?" During snacks and meals, ask "Do you want a cookie or a cracker?"</p>	<p>Shapes & Colors</p> <p>During daily activities talk about the shapes and colors of objects. "There is a green pillow on the couch, can you find the other green pillow?" or "Your ball is round like a circle, your blocks are square, can you find me a round ball?"</p>	<p>Piggy Bank</p> <p>Use a commercially bought piggy bank or just cut a slot into an empty container. Let your child drop in real coins or poker chips or bingo markers. Monitor due to choking hazard.</p>
<p>Skills: Fine motor, grasp, release, dexterity & finger/hand strength.</p>	<p>Skills: Fine motor, language, cognitive.</p>	<p>Skills: Cognitive, imaginary play, language.</p>	<p>Skills: Listening, receptive and expressive language, cognitive, refining auditory skills.</p>	<p>Skills: Receptive/expressive language, making choices, self-esteem.</p>	<p>Skills: Cognitive, shape & color recognition, listening, language.</p>	<p>Skills: Fine motor, dexterity, pincer grasp.</p>

Week 5

<p>Monday</p> <p>Pudding Paint</p>	<p>Use any flavor pudding or yogurt to finger paint on paper or your child's high chair tray; don't worry if the hands go into the mouth.</p>	<p>Skills: Fine motor, sensory, tactile.</p>	<p>Tuesday</p> <p>Get Crafty</p>	<p>Toddlers love crafts and at this age they are ready to use crayons, paints, markers, glue sticks, safety scissors, etc.</p>	<p>Skills: Fine motor skills, creativity, language.</p>
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