

# Pretend City® @HOME

CHILDREN'S MUSEUM

## ASQs

Ensure your *child's success + well being* in school and life, complete an ASQ!

[www.pretendcity.org/asq](http://www.pretendcity.org/asq)

## WHY is using this *Way to Play Sheet* important?

**You are your child's best teacher.** By trying these simple and fun play activities, you are helping your child reach his or her developmental milestones. This process of change involves learning skills like walking, talking and playing with others, often at predictable times during the first five years of life. You can use this sheet as a tool to help you better understand your child's milestones, gauge each new stage of growth and encourage emerging abilities in your child's life.

## Your child can reach developmental milestones through play!

The play activities on the other side of this sheet will help your child reach the developmental milestones below.

### IMPORTANT MILESTONES 19-20 MONTHS

#### MOVEMENT

- Walks alone
- May walk up steps and run
- Pulls toys while walking
- Can help undress him or herself
- Drinks from a cup
- Eats with a spoon

#### THINKING

- Knows what ordinary things are for; for example, telephone, brush, spoon
- Points to get the attention of others
- Shows interest in a doll or stuffed animal by pretending to feed
- Points to one body part
- Scribbles on his or her own
- Follows 1-step verbal commands without any gestures; like sits when you say "sit down"

#### EXPRESSING

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of unknown people
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by
- Says several single words
- Says and shakes head "no"
- Points to show someone what he or she wants

### IMPORTANT MILESTONES 21-24 MONTHS

#### MOVEMENT

- Stands on tiptoe
- Kicks a ball
- Begins to run
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles

#### THINKING

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of four or more blocks
- Might use one hand more than the other
- Follows 2-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog

#### EXPRESSING

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he or she has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games
- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with two to four words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

Milestones are from <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>. Since each child develops in an individual way and at an individual rate, these milestones are intended as reference points only. If you have any questions or concerns regarding your child's developmental progress, please speak with your pediatrician.

# 19 to 24 month activities

I am **Good To Go!** From Head To Toe because I am learning...  
**about shapes and colors!**

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade

## Let's express ourselves!

Try these communication and expression strengthening activities:



Home

- Ask your toddler to help you by giving them simple directions, such as "Can you get the pillow?," "Could you bring me the spoon?," or "Please pick up the book?." You may need to visually prompt by pointing in the direction to help her in the beginning. Be sure to say, "Thank you," when she helps.
- Play the "What's that?" game with your toddler by pointing to clothing, body parts, objects, toys, or pictures asking your toddler to name them. If he doesn't respond, name it for him and encourage him to imitate you.
- Your child will love learning simple songs such as "I'm A Little Teapot" or "Humpty Dumpty". Enjoy singing together with hand and body movements. Later, ask your child to sing to someone else in the family.

★ **GROWN-UP TIP:** Toddlers vocabularies are continuously growing. They are learning and saying many different words, and are starting to use two word sentences, such as "Daddy go!" At this age, a toddler's favorite word is "Me" or "Mine!"



Orange Plaza

## Let's get moving!

Try these movement and muscle strengthening activities:

- Give your child a small wagon to haul toys around. Practice making different "stops" to load and unload at different places.
- Let's play kick ball! Give your child a medium sized ball and show her how to kick it. See how far she can kick the ball. Praise her for a job well done!
- When you are in a safe open space, teach your child "Red Light, Green Light". Hold her hand and say, "Green Light," to begin the run. Say, "Red Light," to stop, then quickly say "Green Light," to go again. Once she understands the game, let her try giving the directions!

★ **GROWN-UP TIP:** Toddlers love to move at this age. They are learning to run, jump, balance, and kick. Practicing these new moves will strengthen brain connections that help with overall coordination.

## Let's play together, we can figure it out!

Try these play, social, thinking and problem solving strengthening activities:



Art Studio

- At this age, your toddler is becoming increasingly interested in "art activities". Use medium to large crayons and large pads of paper to practice "drawing". Let your toddler scribble as you make your own picture.
- String beads, macaroni, or larger cereal together. Help your toddler practice using two hands at a time. A shoestring or piece of yarn with tape on the end will assist with the stringing process.
- Show your child how to begin putting puzzles together. You can make a puzzle by take a piece of construction paper, draw a picture (have your toddler help you), and cut it into two or three wide strips. Help her aim and place the correct piece in place if needed. Be sure to praise her for her efforts and a job well done!

★ **GROWN-UP TIP:** Toddlers are developing self-control. Help prevent tantrums or loss of control by offering another activity or snack if you see your child becoming frustrated.

Birth to 6 mos.

7 to 12 mos.

13 to 18 mos.

19 to 24 mos.

2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

5+ yrs.