

PHYSICAL DEVELOPMENT (TODDLER)

1 Year Old

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture (“cruising”)
- May take a few steps without holding on
- May stand alone



18 Months

- Walks alone
- May walk up steps and run
- Pulls toys while walking

2 Years Old

- Stands on tiptoe
- Begins to run
- Kicks a ball
- Climbs onto and down from furniture without help



**Source: Centers for Disease Control and Prevention (CDC)*

SOCIO-EMOTIONAL DEVELOPMENT (TODDLER)

1 Year Old

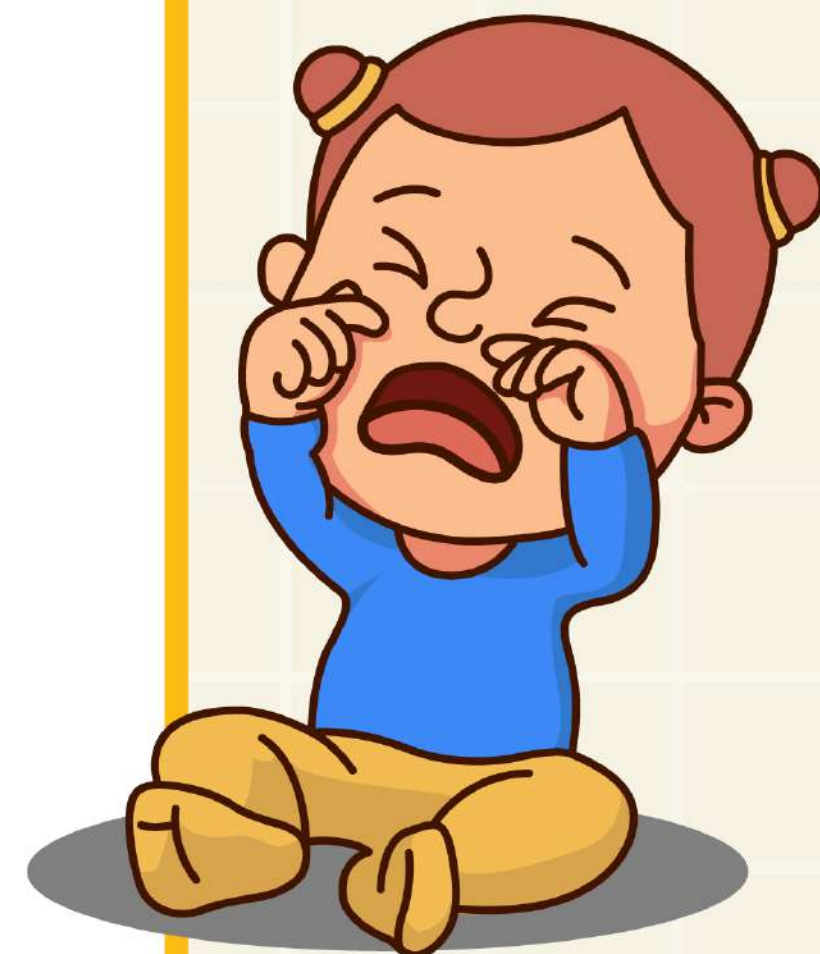
- Cries when mom or dad leaves
- Shows fear in some situations
- Hands you a book when he wants to hear a story
- Repeats sounds or actions to get attention

18 Months

- Likes to hand things to others as play
- May have temper tantrums
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll

2 Years Old

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)



**Source: Centers for Disease Control and Prevention (CDC)*

COGNITIVE DEVELOPMENT (TODDLER)

1 Year Old

- Looks at the right picture or thing when it's named
- Finds hidden things easily
- Explores things in different ways, like shaking, banging, throwing
- Follows simple directions like "pick up the toy"

18 Months

- Knows what ordinary things are for (ex. brush)
- Points to one body part
- Scribbles on his/her own
- Can follow 1-step verbal commands without any gestures (ex. sits when you say "sit down")

2 Years Old

- Finds things even when hidden under two or three covers
- Completes sentences and rhymes in familiar books
- Begins to sort shapes and colors
- Names items in a picture book such as a cat, bird, or dog



**Source: Centers for Disease Control and Prevention (CDC)*

LANGUAGE DEVELOPMENT (TODDLER)

1 Year Old

- Responds to simple spoken requests
- Uses simple gestures, like shaking head “no” or waving “bye-bye”
- Makes sounds with changes in tone (sounds more like speech)
- Says “mama” and “dada” and exclamations like “uh-oh!”
- Tries to say words you say

18 Months

- Says several single words
- Says and shakes head “no”
- Points to show someone what he wants

2 Years Old

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Repeats words overheard in conversation



**Source: Centers for Disease Control and Prevention (CDC)*