



Cognitive

Your baby...

Is very curious about the world, but doesn't understand complex ideas like time.

Is still learning about individual objects and noticing differences and similarities.

Enjoys putting similar objects together.

Pretends to feed themselves and others.

Gives and takes back toys.

Talks on the phone as their play becomes more complex.

Remembers more about events and activities, as memory improves.

You can support your baby by...

Being aware that they can't understand time or distance.

Providing opportunities for them to sort and pair toys or objects (socks, etc.).

Playing pretend games with them.

Having toys or props, such as a phone to make pretend calls.

Having routines for bedtime, mealtimes and play (which help their memory to develop and expand).



Communication

Your baby...

Has up to 50 words.

Sings and hums.

Uses short sentences, like "mummy go car".

Talks about themselves, for instance "I like..." or "I don't like...".

Can follow two-step instructions.

You can support your baby by...

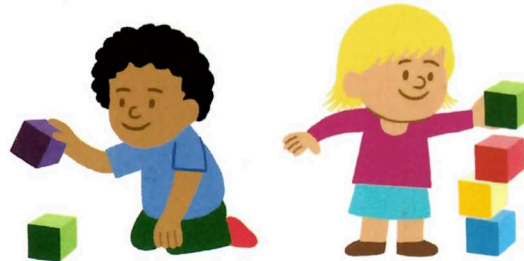
Describing objects and activities, as this helps them to learn more words.

Humming and singing with them.

Repeating their sentences, such as "yes, that's mummy's car".

Suggesting words when they are trying to say something.

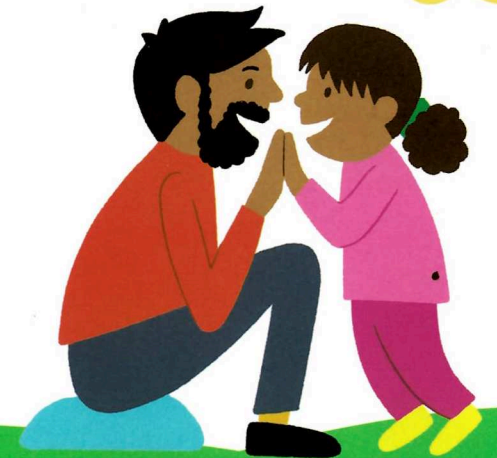
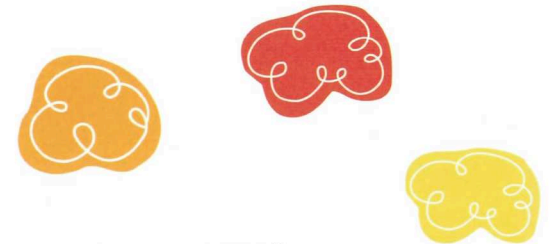
Providing opportunities to practise following instructions (for instance, "find the ball and put it in the box").



18-24 months

Partnership with Parents™

Birth to 2 years™



Some ways to support your 18-24 month old baby's development



Barnardos



Feeding and sleeping

Your baby...

Needs between 12 and 14 hours of sleep, mostly during the night, but will still have a daytime nap of about one hour.

Is able to eat a variety of food.

You can support your baby by...

Having a bedtime routine.

Giving them different types of food with different consistencies.

Encouraging them to feed themselves.



Social and emotional

Your baby...

Shows they are worried or upset if you are not there.

Uses some words to explain how they feel (such as "ow" for hurt).

Shows their independence by saying "no", "me" and "mine".

Enjoys copying you (such as sweeping the floor) and playing games with you.

Has big emotions and is unable to control them.

Finds it harder to communicate when they are upset or angry.

Likes being near other children but is not able to play with others.

You can support your baby by...

Explaining what you are doing and that you will be back. Make sure your childminder knows their routine and how to comfort them.

Responding and encouraging them to name their feelings, such as "you hurt yourself".

Encouraging them to dress and feed themselves.

Providing fun opportunities for them to say "no", such as hiding a toy and saying "is teddy on the couch?".

Spending time with them, playing games and allowing them to help with activities that are safe.

Helping them learn about their emotions by naming them (such as "you are upset you can't go outside"). Distracting them when they are upset (such as "why don't we play with the balls?").

Providing opportunities for your child to play with/beside other children.



Physical

Your baby...

Is getting better at walking.

Stands up, using hands to push themselves up.

Walks up steps.

Squats to pick things up.

Enjoys pushing, pulling, carrying and throwing objects.

Enjoys climbing.

Is able to hold a crayon.

Is getting better at feeding themselves.

You can support your baby by...

Toddler-proofing your home by removing breakables, placing dangerous objects out of reach and making sure furniture and heavy objects are secure.

Providing push-along toys and playing games that involve moving objects.

Bringing your child outdoors to play.

Having toys with buttons, knobs and puzzles which involve fitting shapes and using their finger-thumb movement.

Giving them opportunities to feed themselves.

