

12-15 Months



NOTE



At this age, your baby is exploring everything!

Cover all electrical outlets. Close bathroom doors. Put only safe things in low cabinets.

Baby is due for his/her first dental checkup!

I LIKE...

- To play easy pretend games like pretending to mix things using a bowl & a spoon
- To move around the room
- To sing songs, like **Pat-a-Cake** and move to the music

I CAN...

- Copy easy sounds & actions
- Use **one-word sentences**
- Recognize myself in a mirror
- Hug & kiss people that I like
- Play a simple instrument
- Look at a book

FUN STUFF

Get baby moving by playing different types of music with your toddler. **Sing** along, **dance** and **march** to the music. Your toddler will be exploring now too, so give him the words for everything now. Give him the words for everything that he does. Tell him everything that you are doing. He will start to repeat the things you say.



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

15-18 Months

NOTE



Make sure that your baby is up to date with their well baby visits and immunization. Check regularly with your pediatrician to see what shot your child needs.

I LIKE...

- To touch **fluffy stuffed animals**
- To do things by myself - pick my own clothes, feed myself
- Imitate mommy - pretend to clean the house or wash clothes

I CAN...

- Move around the house
- Understand simple directions
- Turn the pages of books
- Roll a ball
- Drink from a **cup**

FUN STUFF

Put some safe things in an empty cardboard box (clothes pins, margarine lids, rattles, sponge). Your child will like to put them in the box & take them out again.

Collect pictures of animals. **Sing Old MacDonald** when you show your child the animal and make the sound the animal makes. For the pig say "Oink" & for the cow say "Moo."

Collect items that feel different: soft, smooth, furry, rough. Your child will like to touch them.



Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

18-24 Months

NOTE



Make sure that dangerous materials are stored in places that your toddler cannot reach. Toddlers are very curious and love to get into things they shouldn't touch!

I LIKE...

- To take my clothes off by myself
- To help out at meal times
- To **dance** & jump to music
- To explore inside cabinets

I CAN...

- Follow short directions
- Throw a ball with you
- Listen to short story
- Begin to name familiar things
- Start to say **2-word phrases**

FUN STUFF

Save 5 or 6 empty boxes of different sizes. Place the boxes in front of you and your child. Have fun stacking & knocking them over.

Play hide-n-seek with your child. Hide beside a piece of furniture and tell your child to come and find you. When your child finds you, show her how excited you are that she found you.

Wooden spoons, pots & pans will keep your child entertained for hours. Pretend to be a band with your child, using pot, pans, & spoons as your instruments.



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

24-30 Months

NOTE



Be aware of background noise.
Limit the amount of TV & radio that is on when no one is listening.

I LIKE...

- To play in sand & water
- To help put things away
- To scribble with **crayons**
- To pick my own clothes

I CAN...

- Name at least one color
- Talk in **3-word sentences**
- Sing easy songs
- Kick a ball

FUN STUFF

Give your child a box and let her imagination go. The box can be something to put things into or take things out of. It can be a car, a boat, a train, a doll house or a garage.

Using **bubbles** & wand, blow bubbles outdoors for your 2-year-old to chase, catch & pop. You can make your own bubbles with dish soap & water.

When you do household chores, give your child a rag. Let him help you dust. Praise him when he is finished.



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

30-36 Months

NOTE



Be aware of children's feelings. Help your child cope with her feelings. Try to be calm when your child is feeling sad, angry or frustrated.

I LIKE...

- To help **tell a story**
- To fit lids onto jars
- To pour a cup with help
- To get dressed with help
- To sing songs by myself



I CAN...

- Pedal a riding toy
- Name familiar things
- Name my body parts
- Play easy circle games
- Begin to **sort shapes & colors**
- Give my full name when asked

FUN STUFF

Walk with your child through rooms in your house. Describe some familiar objects in the room to your child. See if he can **guess the object** you are describing.



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

36-42 Months

NOTE



Remember to take your child to see the dentist for his 3-year-old check up to make sure his teeth and gums are developing well.



I LIKE...

- To **ask questions** like “who,” “what,” or “where?”
- To run around corners & things in my path
- To tell you about things I did

I CAN...

- Share toys with other children
- Use my fingers to show my age
- Walk up stairs alternating feet
- Talk in short sentences
- Play **catch** with you
- Help you tell a story

FUN STUFF

While **playing outside** with your child, have her collect things from the lawn. You can then mount them on a gift box with glue to make a collage.

Help your child learn words that tell “where.” Pretend that a box is a garage. Use a small toy as a plane. Make it fly “over” the box, “in” the box, “beside” box and “on” the box.



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

42-48 Months

NOTE



Consult your child's pediatrician to make sure she is up-to-date with her well baby visits and immunizations.

I LIKE...

- To tell you what I want to do
- To get my very own drink
- To be very independent
- To **hop** on 1 foot

I CAN...

- Begin to recognize opposites
- Play & **talk with friends**
- Play simple guessing games
- Try to do a somersault
- Count 3 or more things



FUN STUFF

Play a whisper game with your child. Whisper in his ear. Have him whisper something in your ear. Be ready to laugh and have lots of fun.

Pretend to be a frog with your child. Pretend that you are trying to catch a bug. Ask "What does a frog say?" Pretend to be other animals - cows, dogs, etc.

When your child is running around, play tiptoe. You can tiptoe with your shoes on or off. This activity will help calm your child down too.



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start

Month: _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Family
Foundations
Early Head Start