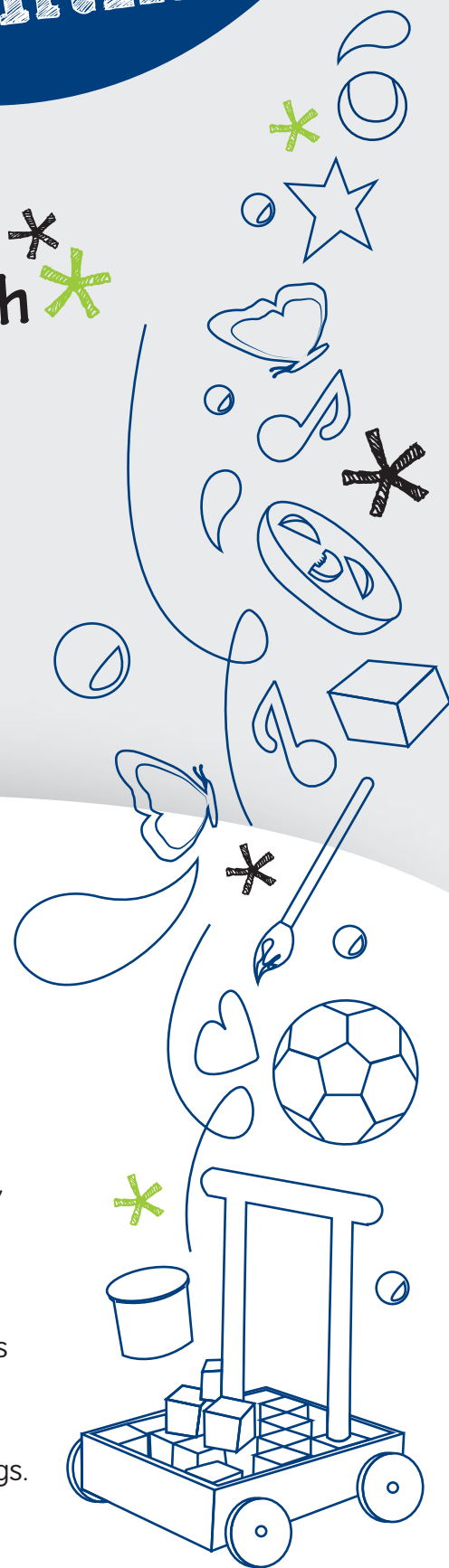


# 12 to 18 months

## \* Move with me \*



## PHYSICAL DEVELOPMENT TIPS

- Put out different size containers for filling, mixing and emptying.
- Play with different size balls for kicking, throwing and rolling.
- Provide squidgy materials for your toddler to strengthen their hands.
- Give your toddler different size containers for carrying heavy materials, such as sand and stones.
- Provide toys to push and pull.
- Help your toddler to practice their dressing skills.
- Bounce your toddler up and down, while they are sitting on your knees or your ankles.
- Hold your toddler under their armpits and around their chest, facing away from you. Swing their legs from side to side and through your legs.
- Give your toddler plenty of opportunities for walking over different surfaces in bare feet.



# 12 to 18 months

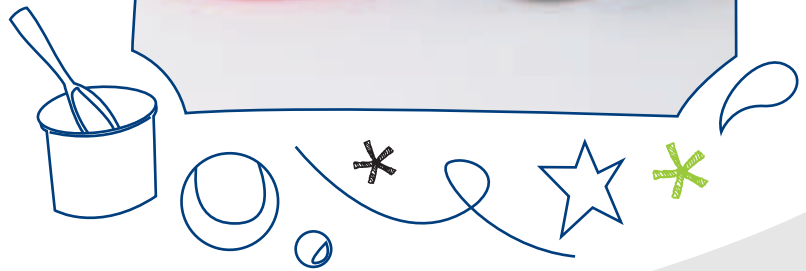


## "what I like"

- To be up on my feet.

## "what I can do"

- Pick up food and put it in my mouth.
- Stand alone.
- Point to what I want.
- Take a few steps forward.
- Bend my knees to crouch.
- Empty the contents of a container.
- Purposefully throw a ball.
- Grasp a mark-making object in the palm of my hand.
- Walk forward holding something in my hands.
- Help take off my clothes.



## \* Did you know?

Your child is born with a physical need to challenge themselves and this is a way they can express their feelings.

This leaflet is from a series of seven, each leaflet covers a different age range, from birth to four years plus. Children develop at their own rates and in their own ways. The ages are suggestions of typical ranges of development. If you have any concerns about your child's physical development, speak to your GP, health visitor, or someone at your Sure Start Children's Centre.

You can find all the leaflets and links to other useful websites online at

[www.surreycc.gov.uk/earlylearning](http://www.surreycc.gov.uk/earlylearning) 

