Help your 18 month old reach new heights by... Climbing Stairs

GROSS MOTOR
These are movements such as running and jumping that require activation of large muscle groups.

Cognitive
This is how the child thinks, explores, learns, and problem solves.

Social
This is the child’s ability to understand other’s feelings and control their own.

Language
This is the child’s system of using words to communicate. This can include words or gestures!

Fine Motor
This is when children use their smaller muscles (fingers, hands).

18 month olds are at an important stage in life where they will begin to put their skills together to further explore their world physically, cognitively, and socially!

The “step games” below will help your toddler master climbing the stairs while also challenging other areas of developmental growth.

Along with stair climbing, your toddler may begin to explore their environment by climbing on other objects. Here are some important safety tips for your mobile toddler:

- Place gates near stairways.
- Be sure to secure dressers and other large pieces of furniture to walls so they will not tip over.
- Keep medications, cleaning products, and other toxic chemicals in cabinets with locks.
- Do not place couches or other furniture next to balconies or railings.

1. Place a picture of a person or cartoon’s face that is displaying an emotion on the stairs. Stop your toddler at each picture and ask him or her to state the emotion. Encourage him or her to repeat the emotion! Examples include smiling, crying, being mad.

2. Practice counting the stairs.

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MILESTONES: knows the name for ordinary objects, points to body parts, scribbles, can follow one step verbal commands without gestures.

MILESTONES: may have temper tantrums, show affection to familiar people, play simple pretend, may be afraid of strangers.

MILESTONES: responds to questions, repeats words overheard.

MILESTONES: can build a tower of 2-4 blocks, can use a spoon to feed themselves.

Toddlers will learn to go up steps by putting both feet on a step before moving onto the next one. They will also hold onto the railing or will need to hold an adult’s hand.

“Squash the bug” Help your toddler learn to go step over step by stepping on pictures of bugs!

OTHER MILESTONES: jumping in one place, running skills, throwing balls, carrying objects while walking.