

help your 18 month old REACH NEW HEIGHTS by... CLIMBING STAIRS



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.

GROSS MOTOR



COGNITIVE



SOCIAL

SAFETY TIPS

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.

LANGUAGE



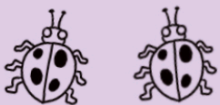
FINE MOTOR

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

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.

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

Step on paper shapes that are different colors. Have your toddler say the color as you go.

Count the steps as you and your toddler go up and down the stairs.

Practice stair climbing while singing your favorite nursery rhyme! This will help your toddler learn how to do more than one thing at a time.

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

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

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.

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

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

Practice counting the stairs.

Name the color of different objects on the stairs.

Use pictures of familiar faces and have the child name them!

MILESTONES: responds to questions, repeats words overheard

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

Have your toddler pick up objects off of the bottom 1-2 steps (examples - piece of paper, silverware, ball).

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

REFERENCES: (1) <https://study.com/academy/lesson/what-are-gross-motor-skills-in-children-development-definition-examples.html>, (2) <http://helpinggrowthm.org/HMG/HelpfulResources/Articles/WhatCognitiveDev/index.html>, (3) <https://www.cdc.gov/ncehd/actearly/milestones/milestones-18mo.html>, (4) <https://study.com/academy/lesson/what-are-fine-motor-skills-in-children-development-definition-examples.html>