

## **SECOND TOY/BOX**

### **1-2 years:**

#### **Milestones**

Split by pediatrician well visits:

- 1 years
- 15 months
- 1.5 years
- 2 years

#### **Include developmental areas**

- Physical skills
- Cognitive skills
- Communication skills
- Social-emotional skills
- Adaptive/self help skills

#### **Early warning signs**

**Tips and Activity inx for each age including each developmental area**

**Notes Section at the end**

**Contact information for BabyNet, PC OTD**

### **1 years:**

- **Physical/movement skills:** Pulls to stand, walks while holding onto furniture, uses thumb and pointer finger to pick up small things, may take a few steps without holding on, may stand without holding on, throws a ball
- **Cognitive skills (learning, thinking, problem-solving):** Puts things in containers (like toys in a basket), looks for things you hide (like a toy under a blanket), releases objects intentionally (like putting a block into a cup on purpose).
- **Language/communication skills:** Waves “bye-bye”, calls you a special name (like mama, dada, baba, etc), may understand “no” pausing/stopping when you say it.
- **Social/emotional skills:** Plays games with you like pat-a-cake/peek-a-boo, chase
- **Adaptive/self help skills:** drinks from a cup without a lid while you hold it, feeds self using fingers

**Early Warning Signs:** does not crawl, cannot stand when supported, does not search for things after watching you hide them, does not point to things, does not learn gestures like waving/shaking head, does not say single words like mama, dada, or baba, no longer has skills once had (like used to sit but no longer can or used to speak but no longer does).

### **15 months :**

- **Physical/movement skills:** Takes steps without holding on or help, crawls backwards down a few steps, walks down steps holding your hand, scribbles on paper with a marker or pencil
- **Cognitive skills (learning, thinking, problem-solving):** turns pages of a thick-paged book, stacks at least two small objects (like blocks), tries to use items the right way (like holding phone to ear, cup to mouth)

- **Language/communication skills:** Looks at familiar objects when you name it, follows simple instructions with gestures (like sticking out your hand and say “give me the toy”), points to ask for things or get help, tries to say words (like “da” for dog or “ba” for ball)
- **Social/emotional skills:** copies other children while playing like taking toys out of a container when another child does, shows you objects, claps when excited, hugs stuffed animals/toys, shows affection with hugs, cuddles, or kisses.
- **Adaptive/self-help skills:** removes clothing like socks, dumps containers to get items out, shows interest in helping with everyday tasks (like getting shoes out before leaving the house, putting toys in basket/pulling them out)

**Early Warning Signs:** does not show interest in playing around others (children or caregivers), no longer has skills once had (like used to sit but no longer can or used to speak but no longer does),

### 1.5 years:

- **Physical/movement skills:** Walks without help, climbs on and off furniture without help, has more control over hands and can perform activities like carefully stacks 2-3 blocks and uses first finger and thumb to manipulate marker/pencil
- **Cognitive skills (learning, thinking, problem-solving):** plays with toys in a simple but intentional way like pushing cars/ rolling balls, points to body parts
- **Language/communication skills:** attempts to say three or more words in addition to “mama” or “dada”, follows one-step directions without a gesture like “give it to me”.
- **Social/emotional skills:** Becomes comfortable leaving you to explore but looks to make sure you are close by, points to show you something interesting, engages in seated activities with you like reading a book together.
- **Adaptive/self-help skills:** Participates in daily activities like putting hands out for you to wash them. Participates in dressing by lifting arms or feet to put on clothing. Copies you doing household chores like sweeping with a broom. Drinks from a cup without a lid (might spill). Tries to use a spoon to feed self

**Early Warning Signs:** does not point to things, does not walk, does not recognize familiar things, does not copy things you do, does not say new words, does not say at least 3 different words, does not notice or mind when you leave or come back, no longer has skills once had (like used to sit but no longer can or used to speak but no longer does).

### 2 years:

- **Physical/movement skills:** Kicks a ball, begins to run, walks up and down stairs holding onto railing or your hand, throws a ball overhand, draws a vertical line using a pencil or marker, uses fingers to press buttons, turn knobs, and flip switches
- **Cognitive skills (learning, thinking, problem-solving):** completes simple 3-piece puzzles, points to at least two body parts when asked, holds things in one hand while doing something with the other hand (like holding a box with one hand and taking the lid off with the other hand), explores fasteners like switches and knobs, plays with more than one thing at a time

- **Language/communication skills:** points out things in a book when you ask about it (like “where’s the truck?”), says at least two words together like “drink juice”, uses gestures like blowing a kiss or nodding yes/shaking head no, understands simple 2-step directions like “Go to the closet and get your shoes”.
- **Social/emotional skills:** notices when others are hurt or upset by pausing/looking if someone is crying, looks at your face to see how to react in new situations like smiling at a stranger, copies others (especially adults), enjoys other children, shows defiant and independent behavior (like doing what they have been told not to do and wanting to try things on their own), begins to play simple games with other children like chase.
- **Adaptive/self-help skills:** eats with a spoon,

**Early Warning Signs:** does not know what to do with common items like a hair brush or spoon, does not copy words/actions, does not follow simple instructions, does not use 2-word phrases like “drink juice”, does not walk steadily, no longer has skills once had (like used to sit but no longer can or used to speak but no longer does).