

To help your toddler learn

- Go through the family picture album or videos often with your child. It helps him understand about growing up.
- Keep books within easy reach. He may want to "read" to himself.
- Make up games. Play "matching" games. Contrast big and small using blocks or other similar objects.
- Join your child in coloring with nontoxic, washable crayons, markers, or paints. Fingerpaint with pudding, whipped cream or yogurt.
- Give your child two sets of spoons and two paper plates for a tea party with a doll or teddy bear.
- Ask your toddler to do little fetch and carry errands around the house.
- Allow your child to have his favorite blanket or toy when he makes transitions such as napping or bedtime, staying with a baby-sitter, going away from home, etc. It provides security and a reminder of you and home.
- Talk and listen to your toddler. Play naming games of familiar objects. Read books and involve him in finding and naming things. It is important to keep it fun and not force your toddler. He'll let you know if he is ready.



"Your Toddler at 20 Months" is issued by the Oklahoma State Department of Health, as authorized by James M. Crutcher, M.D., M.P.H., Commissioner. 5,000 copies were printed by the Oklahoma State Department of Health in September, 2005 at a cost of \$.04 each. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.

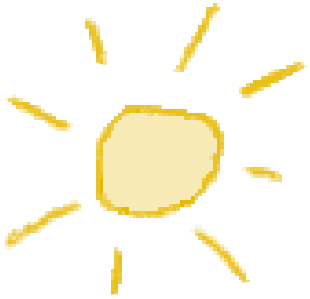


Your toddler at 20 months

Your toddler is well into a transition period from babyhood to early childhood. He has made great gains in controlling his body. He can probably run, likes to climb on everything, and loves to explore. He may be able to feed himself pretty well and enjoys playing alone but likes adults to be near. Your toddler may be imitating simple household tasks and will show frustration when he is unable to do what he wants.

Remember, your toddler likes being independent, but still needs to act like a baby sometimes.





What is it like to be 20 months old?

How I grow

- I explore a lot and like to climb on everything.
- I may be able to kick a large ball.
- I can run without falling too often.
- I can stand on either foot holding on.
- I like being independent but sometimes I want to act like a baby.
- I don't know about safety so I count on you to keep things safe for me to explore.

How I get along with others

- I love cuddling.
- I like to help you do simple things.
- I may treat other children like they were things; I may hurt them.
- Even when I'm with other children, I like to play alone.
- I want to keep my toys to myself and I may hide them so others can't play with them.
- I need time to get to know people and may be afraid of some.
- I like to do things without adult help.
- I may be temporarily less friendly to adults.

This flier describes a "typical" child at this age. Children are different and perfectly normal children may do things earlier or later than this description. If you have questions about your child's development, call your county health department. Also, in the interest of fairness, the gender of the child described in these fliers will alternate throughout the series.

How I talk

- I'm very good at saying "no".
- I love to name things and like to be read to.
- I can follow simple directions.
- I can say about 15 words.
- I like to listen to nursery rhymes. I
- ask a lot of questions, mostly by saying "why?" or "what's that?"
- Be patient. I'm just trying to learn.

What I have learned

- I can pull the toilet paper wa-a-a-y out.
- I'm beginning to know what things are for, like a hammer is for banging.
- I can draw an up and down line pretty well.

What I can do for myself

- I can feed myself pretty well.
- I am learning to brush my own teeth with help.
- Sometimes I will let you know when I'm going to have a bowel movement.

Adapted from "Parent Express", University of California Cooperative Extension Service.

