

[Home](#) > How is your Toddler Progressing?

Share this Article

X



## How is your Toddler Progressing?

Your baby has taken his first steps and is trying out his first words.

<https://www.nestlemomandme.pk/article/how-your-toddler-progressing> <sup>[1]</sup>

\_ [2] \_ [3] \_ [4]



## How is your Toddler Progressing?

Your baby has taken his first steps and is trying out his first words.

Monday, May 29th, 2017

- <sup>[5]</sup>
- [Print](#) <sup>[1]</sup>
- [Share](#)

## **Psychomotor Milestones**

What a journey it has been. The first smiles, the first words, the first teeth. Your baby's done and learned so much. Now it must all be practiced and perfected.

### **The age of great changes**

Although he probably still does not walk very well, and needs to be held, your baby is getting around more and more easily. He has become an expert in crawling and in changing position.

His arms and legs are growing longer.

He is becoming more dextrous, and examines his toys with great care. He loves things that pile up on top of one another, that slot into one another, that can be built and then taken back down, and he will spend a long time playing by himself.

He points at the thing he wants or at pictures in a book.

### **A clearer relationship with the world around**

The more aware he becomes of the environment, the more he wants to interact with it to find his own place. He loves watching you closely to imitate your movements, your facial expressions.

In his own way, he plays an active role in family life. Don't hesitate to involve him, as much as he is able.

He'll be proud to show you that he can manage all by himself.

### **Throwing and kicking a ball (from 12 months)**

Soon after the first birthday, your child will show interest in ball play — first by throwing, then by kicking at age 2 (catching comes around age 3 to 4).

### **Pushing and pulling (12 to 18 months)**

Once your child is a confident walker, he'll discover the joy of dragging or pushing toys along. So offer him some pull or push toys to play with, or make your own by attaching a string to a toy car (make sure to supervise or limit the length of the cord to 12 inches to avoid a strangulation hazard).

### **Squatting (12 to 18 months)**

Up to now, your baby has had to bend down to pick things up off the ground. But soon, he'll attempt to squat instead.

### **Climbing (12 to 24 months)**

Toddlers climb up on the kitchen table (or your desk or the bed) for the obvious reason: Because it's there. Kids this age are trying to find a balance between risk and challenge. Climbing is an important physical milestone, though. It'll help your child develop the coordination he needs to master skills like walking up steps.

## **Running (18 to 24 months)**

Some kids seem to go from crawling to sprinting earlier. Others take more time. How come? Because kids fall a lot when learning to run, and some are just more willing to risk it.

## **Gaining independence (18 to 36 months)**

Most babies don't see themselves as entities separate from their parents, especially their mothers. This changes quickly sometime in the second year, when they become aware that they're individuals, and are more insistent on doing things on their own. Here's how to give your child room to grow:

- Allow more time in your schedule for him to do things himself. If he wants to put on his own shirt, shoes, etc.
- Getting out of the house will take that much longer.
- Be patient. At first, letting your child use a fork or pull on his pants will drive you crazy. But let him try and don't step in.
- Your toddler's growing independence comes with a stage that can, at times, be exasperating: He'll assert his independence by saying 'no' all the time. Your impulse may be to show your child who's boss, but you'll have better luck, if you:
  - Be firm when necessary. When you have to get your way, do it as quickly, deliberately, and calmly as you can. Once you've physically put your toddler in his car seat, you can explain your reasoning in simple terms – you can tell him that it's dangerous to ride in a car without one.

## **Using simple sentences (18 to 24 months)**

Don't finish your toddler's sentences for him; doing so will only add to his frustration.

Remember that he'll still resort to crying when he's too tired, hungry, cranky, or overwhelmed to use words.

## **Potty training (24 to 36 months)**

Potty training is one of the milestones parents look forward to the most – no more diapers! But keep in mind that the age when kids are ready for it varies widely.

## **Jumping (24 to 36 months)**

Between the ages of 2 and 3, toddlers learn how to jump off low structures, and eventually learn to jump from a standing position (Make sure that you take precaution that he doesn't hurt himself during this learning experience).

## **Feeding Milestones**

### **Wants to eat alone (from 12 months)**

Your baby is now sufficiently sensitive and dextrous to:

Pick up small pieces of food without squashing them. Use a plastic cup and cutlery, designed especially for babies. He has new teeth. He can chew real pieces, if they are soft enough.

He wants to eat all by himself, using his fingers or a spoon. Since he is now capable of chewing real pieces of food, and can do a lot of things all by himself at the table, your baby has made astounding progress. But although he would like nothing better than to eat what you have in your plate, he still has specific needs, and his diet cannot be the same as yours.

## Eating food that is more firm (from 15 months)

Your baby has taken his first steps and is trying out his first words. These major developments are accompanied by two new phenomena which affect his diet. His teeth (he now has eight incisors and four molars) enable him to chew food now that is firm, without yet being hard. His intestines are now mature enough for him to be able to eat most of the foods as adults have. Nevertheless, babies still have specific needs. The nutritional quality of his diet depends on using products that are specifically suited to his age group, and this is essential. In short, your baby can eat almost anything now, but the texture needs to be suitable, and the right quantities from the different nutrients need to be respected.

[Read more](#) <sup>[6]</sup>

**Source URL:** <https://www.nestlemomandme.pk/article/how-your-toddler-progressing>

### Links

[1] <https://www.nestlemomandme.pk/article/how-your-toddler-progressing>

[2] [https://pinterest.com/pin/create/button/?url=https://www.nestlemomandme.pk/article/how-your-toddler-progressing&media=https://www.nestlemomandme.pk/sites/default/files/styles/thumbnail/public/articles/11qn8a0863\\_f.jpg&is\\_your\\_Toddler\\_Progressing?](https://pinterest.com/pin/create/button/?url=https://www.nestlemomandme.pk/article/how-your-toddler-progressing&media=https://www.nestlemomandme.pk/sites/default/files/styles/thumbnail/public/articles/11qn8a0863_f.jpg&is_your_Toddler_Progressing?)

[3] <https://twitter.com/share?text=How%20is%20your%20Toddler%20Progressing%3F&url=https%3A//www.nestlemomandme.pk/article/how-your-toddler-progressing>

[4] <https://www.facebook.com/sharer/sharer.php?u=https://www.nestlemomandme.pk/article/how-your-toddler-progressing>

[5] <https://www.nestlemomandme.pk/printpdf/9091>

[6] <https://www.nestlemomandme.pk/javascript%3A%3B>