

What's Up? Your Baby's Development



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

24-Month Visit



Older toddlers use their growing language skills to share their thoughts and feelings.

24–30 MONTHS: What's Happening?

What Your Baby Can Do

I use my body to get me places!

- I can walk upstairs one foot at a time and can even walk backward.
- I can balance on one foot, which helps me climb.



I am using language to tell you what I am feeling and thinking.

- I can make longer sentences: "Mama play truck?"
- My favorite words might be *no*, *me*, and *mine*.

What You Can Do

Go on a neighborhood walk. Let your child stop to check out what is interesting to them.



Ask about your child's ideas: "What part of the book did you like?"

Acknowledge feelings and teach social skills at the same time: "I know the doll stroller is your favorite toy, but Thomas would like a turn pushing it."

As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than noted and still be growing just fine. Every child develops at their own pace. Your HealthySteps Specialist will be available to answer any questions. Your family's cultural beliefs and values are also important factors that shape your child's development.

What's Happening?

What Your Baby Can Do

I am getting really good at playing pretend.

- I laugh at silly things, like the idea that my toy car might go *moo* instead of *beep beep*.
- Sometimes I get scared. I am good at using my imagination but can't always tell what is real or pretend.

I want to make friends, but still need help with sharing.

- I like watching other children and might copy what I see them do.
- I may have one or two good friends, but we still mostly play side-by-side, not together.

What You Can Do

Use pretend play to help your child handle challenging situations. You might act out a story together about meeting a new babysitter.

Respond sensitively to your child's fears. This builds trust and security.

Give your child regular chances to play with children their age. This builds social skills. Help your child with conflicts and turn taking.

Let them know you understand that sharing is hard. Help them find another toy to play with until it is their turn. Use a kitchen timer to help them wait.

Other Things to Know and Try

Toddlers are not confused by learning two languages at once. At first, they may say fewer words in each language, but this does not mean they have a language delay! Research shows that when you add together the words bilingual toddlers know in both languages, their vocabulary is within the same range as children who speak only one language. Some parents may also worry that children will lose their home language if they hear a different language in their child care setting. Research shows that as long as parents continue to speak their home language regularly, children's home language skills continue to grow.¹

At this visit the pediatric team will measure your child's length, weight, and head. They will listen to your child's heart and look at their eyes, ears, nose, and mouth. Your child will get any needed vaccines. We will talk about your child's development and routines such as sleeping and eating. We will also review safety tips. And, of course, we will make time to discuss any questions or concerns you might have!

1. Pearson, B. Z., Fernandez, S. C., Lewedey, V., & Oller, D. K. (1997). The relation of impact factors to lexical learning by bilingual infants (ages 10–30 months) *Applied Psycholinguistics*, 18, 41–58.