

## More Positive Parenting Techniques

- Kiss, hug and hold your toddler often.
- Take your toddler on trips to the store, the library or the park.
- Say the names of people and objects that you see everyday.
- Always use a child safety seat to keep your toddler safe in a car.
- Toddler-proof your home. Keep medicines, harmful plants and cleaning products away from your toddler.
- Avoid toys and objects that can fit through a toilet paper roll. They are too small and may cause your toddler to choke.
- Create routines for your toddler. Night time, meal time and bath time routines help your toddler feel secure.
- Attend your child's pre-school screening.



**Keep your NICU Developmental Follow-up Clinic appointment if you have one. The staff will monitor your baby's development.**

### Log on to Learn

The Parent Help Line — [www.parenthelpline.org](http://www.parenthelpline.org)

Zero to Three — [www.zerotothree.org](http://www.zerotothree.org)

PBS Parents - Child Development — [www.pbs.org/parents](http://www.pbs.org/parents)

How Kids Develop — [www.howkidsdevelop.com/developSkills.html](http://www.howkidsdevelop.com/developSkills.html)

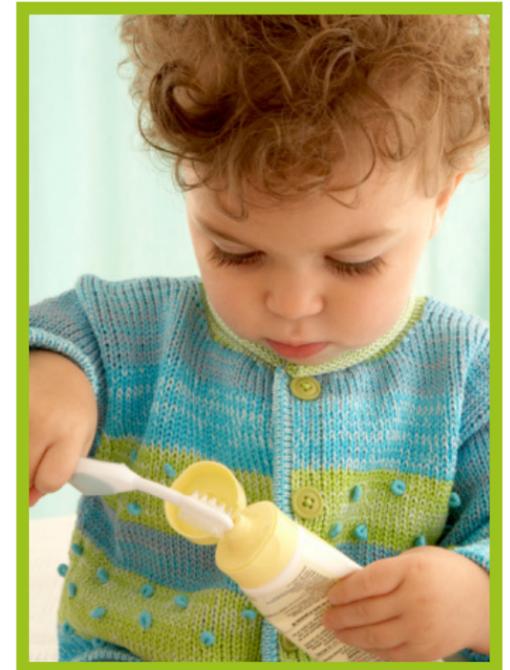
Regional Office of Education — <http://roe51.org> Find local school information and phone numbers for schools in Sangamon County.

Springfield School District 186— <http://www.springfield.k12.il.us/schools/> Click Schools. Click *School Locator* to find a school in your area. Call that school for information on pre-school screenings and programs.

The American Academy of Pediatrics — [www.aap.org](http://www.aap.org)



12-24 Months



Live  
Love  
Grow  
Learn

### Help your toddler develop a sense of self and independence.

- Allow your toddler to do small tasks.
- He can eat and dress with a little help from you.
- Make reading together a daily activity.
- Be consistent with rules and discipline.
- Praise good behavior.



**Help is just a phone call away.**

For more parenting information, call Parent Help Line at 217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week or visit [www.parenthelpline.org](http://www.parenthelpline.org)



**Toddlers develop many skills. Continue to use an adjusted age until he has caught up with his growth and development. Your doctor or the NICU Follow-up Clinic doctor can answer your questions.**

**At twelve months your toddler:**

- Enjoys taking things apart and carrying things.
- May want to help you.
- Loves to bang objects like blocks and toys.
- Can throw a ball.
- Points to objects with her finger.
- Can turn pages in a book.
- Walks on his own or with your help.
- Uses some words.
- Understands many words.
- Can feed herself.

**At 18 months your toddler:**

- Will start to put words together to make sentences.
- Can use a spoon and a cup with your help.
- Can take off his shoes and socks.
- Loves to copy what you do.
- Needs your help to calm down. She still cannot control her feelings or actions.
- Can jump up and down.
- Can build a tower of 2 – 3 blocks.

**Talk to your doctor if your baby cannot do these skills.**

**Parents help babies develop and reach full potential. Everyday, your baby learns from you — from what you do and say.**

## Meals

**Toddlers can be picky eaters.**

- Offer several healthy foods at every meal. Let your toddler choose.
- Avoid mealtime power struggles. Your toddler may eat well at one meal and not eat much at another meal.
- Eat together as a family. Sit at a table. Do not let your toddler walk around while eating food.
- Make mealtime fun.

## Playtime

**Toddlers learn as they play.**

- Play with your child daily.
- Let him choose the games and toys. Offer two choices.
- Read stories with words that rhyme.
- Direct your child as she plays. For example, “Stack these blocks.”
- Let your baby scribble with big crayons that are easy to hold.
- Do not expect your toddler to share. Sharing is hard. He will learn to share between ages 2 and 3.
- Play pretend with your toddler. For example, pretend you are cooking or talking on a phone.

## Feelings

**Every toddler is unique. Some are shy. Others are easy going. Change is fun for some and scary for others.**

- Watch and learn how your toddler reacts.
- Help your child put a name to his feelings — mad, sad, happy, scared.
- Be patient with her as you teach. Your toddler does not have much self-control.
- Stay calm when your toddler has a tantrum. You must teach and model self-control.
- Have a “goodbye” routine. He may have separation anxiety.
- Read books about feelings to your toddler.
- Talk about what your toddler is doing and feeling. For example, “You are so happy to read a story with your sister.”

## Daily Tasks

**Toddlers are eager to learn new tasks.**

- Teach your child to do small tasks like washing his hands.
- Let your child help around the house. He can help you pick up toys.
- Talk to your toddler during the day. Use many different words.

## Home-life

**Make your home loving and calm**

- Do not argue and yell around your toddler.
- Provide quiet time during the day. For example, play soft, soothing music.
- Do not let the TV play all day long. The American Academy of Pediatrics recommends **no TV** for children under the age of 2.
- Put your toddler to bed at a regular time each night.

