

# Health & Physical Development **8 TO 21 MONTHS**



Hold your young toddler in a standing position for leg strengthening. Encourage bouncing.

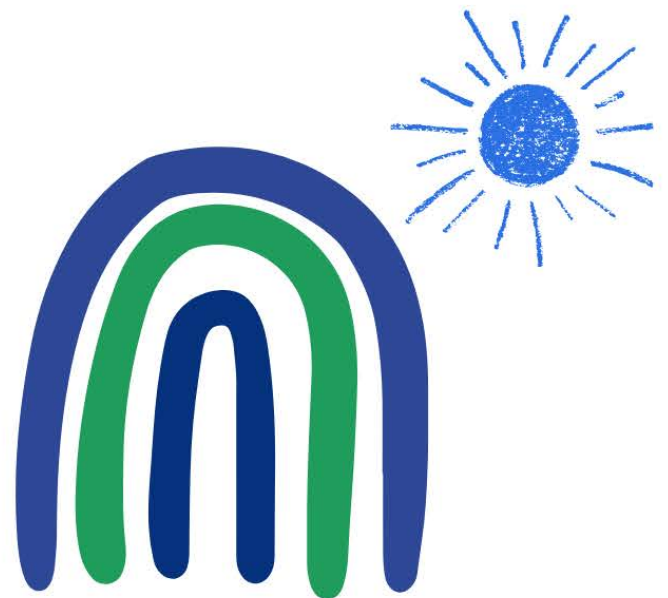
Hold your young toddler by the hands to practice taking steps. This also builds core muscles, balance, and perception of the environment around them.

With supervision, explore with various size soft items for climbing over: pillows, couch cushions, blankets.

Allow your toddler to toddle around the furniture giving them praise as they are trying and accomplishing.

Have steady objects around for your toddler to practice pulling themselves up. Positive praise afterwards will give them the confidence to continue to get better at it.

Place a toy away from your toddler and encourage them to crawl to go get it.



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Provide moveable objects for pushing and balancing themselves with some steps.

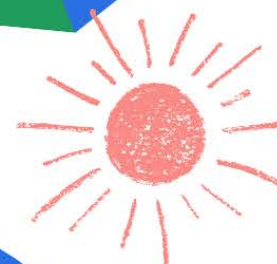
While holding your toddler by the underarms, swing their legs to “kick” a ball.

Do large piece puzzles beginning with pieces that have knobs, then advancing to more challenging pieces that require more finger muscles.

Strengthen arm muscles by having your toddler carry things that are somewhat heavy for them.

Have your toddler use finger-pinch to pick up cereal and put in a container, dump, and repeat. Start with larger items that still require the hand-pinch, then advance to more challenging items that require use of index finger and thumb.

Play with small sensory items to encourage use of fingers: playdough, beans.



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Practice stacking toys or objects such as blocks, containers with lids, small, closed boxes, or larger flat rocks.

Continue to set steady routines for sleeping and eating.

Color with larger-size crayons or knob crayons. Once your toddler begins to hold the crayon in a finger grip, then introduce them to other writing tools such as smaller crayons or pencils.

Introduce scribbling beginning with using fingers in sand or pudding.

Encourage drinking from a cup or using spoon and fork for eating.

Talk about what is unsafe inside the house and outside the house: “do not touch” or “ouch” items or areas.

Blow bubbles with your toddler. Encourage your toddler to “chase” the bubble by scooting, crawling, or walking.

