

24  
MONTHS



**Back to sleep, tummy to play.**

## PHYSICAL DEVELOPMENT: TIPS TO HELP YOUR CHILD GROW

Provide a safe space for your child to walk and run. Praise them for their efforts. Your child is now motor driven, stopping only for food and naps. Your toddler is very curious about their environment. Watch them closely to keep them safe. Continue to promote tummy time to help them develop. These are the terrific twos!

### ACTIVITIES TO DO WITH YOUR CHILD

Provide your child with blocks, push cars and other toys. Encourage them to build roads with the blocks and push cars and other toys along on their hands and knees.

Give your child big bins and encourage them to help pick up and put away toys.

Let your child practice feeding themselves with a spoon and fork. Offer them a cup to drink from.

Take your child to the playground. Stay close by and look for the easy things to climb first. They will probably need help to get started and may need to be held back from things that are too big for them.

Have your child lie on their tummy to look at books. Teach them to point at pictures and help them learn the names of things.

Offer your child toys to push or pull while walking. Children often like toy wagons, lawn mowers and shopping carts.

### WHAT TO EXPECT AS YOUR CHILD GROWS

**At 24 months of age  
your child will start to:**

- Kick or throw a ball.
- Learn to climb.
- Continue to crawl skillfully and quickly.
- Jump up, forward and off a step.
- Run (but may have difficulty stopping).
- Sit themselves down in a small chair.
- Place shapes into a sorter.
- Turn pages in a book one at a time.
- Squat down, examine and pick up objects.