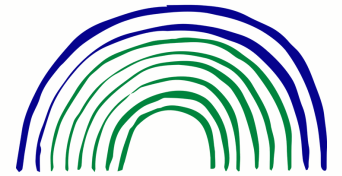


Milestones Checklist



Purposeful Play

- Encourage walking/running in the community on a variety of surfaces (grass, sidewalks, rocks, sand, mulch, etc.)
- Practice climbing onto couches, and on playgrounds with supervision for strength and coordination.
- Use bubbles or suction toys and place just out of reach to encourage tiptoes.
- Practice jumping in place and forward on mini trampolines and even cushions.

18-24 months

- Walks alone in community
- Learns to jump forward
- Climbs on to couch or adult chair
- Runs short distances without falling
- Walks up stairs without support
- Walks backward and sideways
- Attempts to walk on a line
- Kicks ball in standing without falling
- Throws ball overhand and underhand
- Squats frequently during play
- Goes up on tiptoes
- Propels self on ride-on toy
- Begins to jump down from a small step

Using play to help little ones move and groove with confidence.

