

# 18-24 months

## MILESTONES CHECKLIST

### Purposeful Play Tips

- Encourage walking/running on a variety of surfaces (grass, rocks, sidewalks, sand, etc.)
- Supervise them climbing onto couches and on playgrounds 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 or even cushions.

- ☐ 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
- ☐

