

Is Your Child on Track?

12 - 18 Months

Skill Areas	Typical Development	Red Flags
Posture/ Gross Motor	<ul style="list-style-type: none"> • Focuses on standing and walking • Walks with wide base and arms high (15 months) • Can walk and carry objects or push a toy (18 months) • Creeps up stairs independently, can walk up with support (16 months) • Squats to pick up objects 	<ul style="list-style-type: none"> • Never crawled • Does not walk well (15 months) • Frequent falls • Sedentary, fearful of movement
Fine Motor	<ul style="list-style-type: none"> • Grasps two small objects in one hand • Voluntary release to put items into containers • Takes simple covers off containers • Stacks, inserts and/or takes apart toys with intention 	<ul style="list-style-type: none"> • Cannot pick up small objects • Not beginning to use tools (hammer, spoon) • Avoids or gets frustrated with fine motor activities
Sensory	<ul style="list-style-type: none"> • Enjoys a variety of quiet and active situations and can make smooth transitions between them • Interested in and actively explores different sensations of touch, taste, smell, sounds and sights • Enjoys messy tactile play (food, water, playdoh) 	<ul style="list-style-type: none"> • Strong sensitivity to sensory exploration and events • Poor regulation; frequent sustained temper tantrums
Eating	<ul style="list-style-type: none"> • Transitions to primarily cup/straw drinking • Enjoys a variety of table foods (e.g. soft chicken nuggets, small pastas, cheese cubes, scrambled eggs) • Develops strength to chew harder foods (16-18 months) (e.g. most children's cereals, crackers) 	<ul style="list-style-type: none"> • Oral motor skills are not progressing • Strong food refusals, fussing, gagging or vomiting with new or established foods
Self Care/ Sleep	<ul style="list-style-type: none"> • Attempts to feed self with spoon and cup (many spills) • Becoming accustomed to brushing teeth • Pulls off hats, mittens, shoes and socks • Pushes arms through sleeves and legs through pants • Copies doing simple chores (e.g. sweep with broom) • Generally sleeps 11+ hours at night with 1 nap 	<ul style="list-style-type: none"> • Refusal to use a spoon or cup • Not beginning to show interest in undressing • Irritable when getting dressed uncomfortable in clothes • Not sleeping through the night
Speech & Language	<ul style="list-style-type: none"> • Follows simple commands • Points to people, toys, and animals when named • Combines gestures and vocalizations • Identifies 1-3 large body parts • Has an expressive vocabulary of 3-50 or more words • Likes to make sounds of familiar animals 	<ul style="list-style-type: none"> • Does not point • Does not follow simple commands such as "push the ball" • Does not identify a few body parts when asked • Not using at least 3 words purposefully
Social/ Play	<ul style="list-style-type: none"> • Plays "give and take" games cooperatively (e.g. ball) • Begins to pretend play (e.g. feeds doll, talks on phone) • Imitates adults • Repeats action that makes someone laugh 	<ul style="list-style-type: none"> • Does not show awareness or interest in different people • Refuses to go to anyone but caregiver



Is Your Child on Track?

18 - 24 Months

Skill Areas	Typical Development	Red Flags
Posture/ Gross Motor	<ul style="list-style-type: none"> Walks up and down stairs while holding railing or hand Begins to run (stiffly at 18 mos.; smoothly by 2 yrs.) Carries or pulls objects while walking Jumps in place (24 months); kicks a ball Propels ride on toy without pedals 	<ul style="list-style-type: none"> Clumsy, frequent falls In constant motion; "In everyone's space" Fearful of movement or fearless and a safety risk
Fine Motor	<ul style="list-style-type: none"> Picks up objects with fingertips, has controlled release Holds crayon with whole hand to scribble Puts peg in hole, completes simple puzzle, pulls apart pop beads Can turn pages of a book 1-2 pages at a time 	<ul style="list-style-type: none"> Cannot pick up and accurately release small objects Not using hands together Rarely plays with toys; easily frustrated
Sensory	<ul style="list-style-type: none"> Enjoys messy tactile play (food, water, playdoh) Can smoothly transition between quiet and active play, sleep/wake (self regulation) May be dry for several hours during the day; Indicates discomfort when wet; Regular bowel movements 	<ul style="list-style-type: none"> Cries when hands are dirty Frequent, sustained meltdowns; unable to self calm Sensitive to clothes or other textures on skin
Eating	<ul style="list-style-type: none"> Has made transition from bottle to cup Can drink through a straw Interested in adult foods Good chewing patterns for solid foods 	<ul style="list-style-type: none"> Refuses to give up bottle Very limited food repertoire; strong food refusals; gagging or vomiting
Self Care/ Sleep	<ul style="list-style-type: none"> Eats with spoon independently Cooperates with brushing teeth Undresses self except for fasteners Tries to put shoes on; zips and unzips large zipper Generally sleeps through night ~11 hours, with 1 nap 	<ul style="list-style-type: none"> Not self feeding with spoon No interest in dressing/ undressing self Can't settle self back to sleep in the night
Speech & Language (18-21 Months)	<ul style="list-style-type: none"> Enjoys listening to stories Recognizes pictures of familiar people and objects Brings familiar object from another room when asked Begins to combine two words Points to call attention to event or show desires 	<ul style="list-style-type: none"> Does not recognize pictures of common objects and people Can not identify body parts when asked Does not use two words together Is not pointing to objects Does not look at adults to gauge their reactions to events
Speech & Language (21-24 Months)	<ul style="list-style-type: none"> Understands 300+ words and speaks 50-100+ words Knows five body parts Follows two step commands Uses 1-3 word phrases Begins using pronouns (e.g. me, you, mine) Answers the question "What's that?" 	
Social/ Play	<ul style="list-style-type: none"> Plays pretend with more than one object at a time Plays hide and seek and chasing games with adults Beings to watch or approach young children to play Notices when others are hurt/upset 	<ul style="list-style-type: none"> Is not playing pretend or imagination games Refuses to go to anyone but caregiver

