



Tresillian's Developmental Milestones for Walking activity sheet

A journey of a thousand miles begins with a single step. Lao Tzu

14 months development and ways to play

- To help your toddler take steps, hold them in the standing position facing someone they know or something they are interested in.
- Choose the right time of day, so they are not tired or hungry!
- Give them the chance to cruise on the furniture and take a few risks between pieces of furniture. Lots of chances to get strong while standing or cruising such as squatting and picking things up off the floor.
- Hold them with one hand if they can manage and show them you are enjoying their practice at standing, stepping and occasionally falling.
- Let them push things along, climb on cardboard boxes, low steps to build strength or build them an obstacle course.
- Playing and exploring is the toddlers' work. Your job is to protect them enough so they don't get hurt but don't become too scared or hurt when they do fall.
- Don't forget about their finger movements so offer interesting finger food - colours, textures, shapes and small containers with lids to practice those trickier skills.
- By 15 months they have at least 100 words or more, can understand one simple instruction/request eg: 'lie down' and even respond to 'no' sometimes! Play a game of naming hers and your body parts like head and nose and eyes with a big blink. When she points to something, name it or show it to her - you're really working as a team.
- Your baby's memory is developing; you will have already noticed they can find an object hidden under a rug for example (object permanence). They know you are still around when they cannot see you and are able to and enjoy copying what you do. They are really enjoying books and pointing to pictures in books as well as music. See if you can figure out their preferred songs or nursery rhymes-repeating these can become a fun and predictable time for you both.
- Your toddler definitely knows the difference between strangers and familiar family members. You can see their emotions more and more such as lots of affection and annoyance. Your toddler's behaviour is still firstly driven by how they feel. Remind yourself she is not able to think about what she did last time until she is about 3 years old. Toddlers need time to change their thinking and move to another activity so allow plenty of time when you ask her to do something different.



family
project

Top Tips

- Remember, all of your baby's emotions and behaviours are OK (emotions are neither 'good nor bad'). Emotions are just a way of communicating what is happening for your child as they cannot use words. They are not commenting on your parenting.
- If other people are settling your toddler (e.g., childcare) let them know your sleep routine, provide their 'lovey' (not for the cot if less than 12 months).

For more information, visit <https://www.tresillian.org.au/>