



21 Months Old Handout

Development

- Your child should be speaking in single words and may be starting to use 2 word sentences with a growing vocabulary.
- You can stimulate speech by reading simple books, talk about and describe pictures in a book, being a good role model, singing songs, listening when your child speaks, and giving praise when language is used.
- Carry on conversations with your child regularly.
- He/she should be able to identify body parts.
- Your child may be interested in stacking blocks, throwing a ball overhead, kicking a ball forward, and walking up stairs holding on.

Your Child and Family

- Create time for your family to be together.
- Keep outings with a toddler brief—1 hour or less.
- Do not expect a toddler to share.
- Give older children a safe place for toys they do not want to share.
- Teach your child not to hit, bite, or hurt other people or pets.
- Your child may go from trying to be independent to clinging; this is normal.
- Tell your child when he is doing a good job. Praise is important in reinforcing good behaviors.

Feeding

- Your child's growth will start to slow down at this age and you might notice a decrease in appetite.
- Offer foods from a variety of food groups at each meal and serve appropriate sized portions (approximately $\frac{1}{4}$ of an adult portion).
- Finger foods will probably be most popular at this age but continue to introduce utensils.
- Make foods easy to chew (soft and moist) and cut all foods into bite sized pieces.
- Avoid struggles over foods by reassuring yourself that over time almost all children eat a balanced diet, even if sometimes it doesn't seem that way.
- Your child should drink skim milk at this point, unless an alternative has been recommended by us.
- Limit milk intake to 24 ounces a day to increase food intake and do not offer juice.
- Your child should now be drinking from a cup and not a bottle.

Safety

- Use a car safety seat with a five point restraint in the back seat of all vehicles.

- Your child should still be rear-facing until 2 years old or until they reach the seat's weight/height requirements for rear-facing use.
- Read the instructions about your car safety seat to check on the weight and height requirements.
- Everyone should always wear a seatbelt in the car.
- Keep out of reach and lock away poisons, medications, and lawn/cleaning supplies. Keep safety caps on all medications.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Avoid foods that are commonly choked on, especially nuts, seeds, raisins, popcorn, hot dogs, and chips.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher.
- Move furniture away from windows.
- Watch your child closely when she is on the stairs.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Prevent burns by keeping hot liquids, matches, lighters, and the stove away from your child.
- Set your water temperature to below 120 F, if you haven't already done so.
- Never leave your child alone near water, even in the bathtub with only shallow water. Drowning occurs frequently in bathtubs, so don't leave your child alone even for a minute.
- Have a working smoke detector on every floor.

The next check up is the 24 Month Visit.

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org