Baby Milestones: Second Year

BABY’S FIRST STEPS
One of the most thrilling toddler milestones usually comes early in the second year. That’s when you child will probably walk without help, one wobbly step at a time. Most kids start walking between 9 and 17 months. The average age is about 14 months. There’s no stopping them now!

RUNNING AROUND
The chase is on! About 6 months after your toddler masters walking, he or she will probably be running. Then the question is, can you keep up?

CLIMBING
Your child will really start to explore once he figures out he can go up! “Up” means climbing up stairs and climbing on furniture—so be prepared for an adventure. Your toddler will probably start climbing furniture and stairs (while holding the rails) some time during the second year. Keep an eye on them and step in so they explore safely.

KICKING A BALL
Kicking a ball is a big step. Your toddler needs the coordination to kick, plus the ability to make the connection that if he kicks the ball, it will roll or bounce. Once your child discovers that balls bounce, he will probably throw toys, food, and other objects to see if they bounce, too!
SCRIBBLING AND EATING
It’s too soon to tell if your raising the next Picasso, but your child’s early doodles will be priceless to you. During the second year, kids get more control over the small muscles in their hands and fingers. These fine-motor skills help toddlers scribble with crayons and eat with a spoon.

PLAYING MAKE_BELIEVE
Your child’s imagination is coming to life. Between 18 and 24 months, a toddler’s brain is ready to start playing make-believe. You may catch her “feeding” a teddy bear or talking into a toy phone. Enjoy her sense of magic.

TALKING FOR REAL
Until now, your toddler may mostly babble. But around 15-18 months, you can expect to hear some real words. Between 18 and 24 months, most kids start using simple phrases, like “no more” or “go there.” But age 2, you may even hear a short sentence or two.

PLAYING WITH FRIENDS
Let the play dates begin! By the end of their second year, most toddlers show more interest in the company of other children. They may not be quite ready to share their toys when they play, but it’s a big step in their budding social life.

Mary Beth Cyliax, RN, CCM  314-652-8175 ext. 310