



The ideas in this leaflet will help you and your child to enjoy play together; supporting their independence and social skills. They will help your child to develop their resilience and self-esteem. Having opportunities to achieve or learn from mistakes safely is vital for your child's development.

It is important to remember that children grow and develop at different times and speeds. Further information to help you understand how your child is developing, including what to expect during their first five years, can be found by searching online for the guide What to expect, when?

If you ever feel unsure, or have any concerns or questions about your child's wellbeing and development, please contact your Health Visitor, Early Years Setting or any other relevant professional involved with your child.

#### Getting more copies of this leaflet

You can get all our leaflets in large print, easy read format, in Braille, on audio tape or CD, or in other languages. Please phone 01323 747430. They are also available in PDF form, which you can download from our website at <https://czone.eastsussex.gov.uk/early-years/info-for-parents/>

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# Help me to be happy, sociable and independent When I am 18 months to 2 years old



# Did you know?

- Your child will love to be held and may become upset when separated from you or a familiar person. They may want to explore, but still need to check you are near.
- Your child will love routines and imitate these, however they will be unable to remember rules.
- Your child will love to play alongside or near other children, though may not yet be able to play with them.
- Your child may often hand toys to other children, but they still aren't ready to share and may want the object right back.
- Children at this stage can often be very attached to special toys or objects and will have very specific likes and dislikes.
- Your child will be keen to do absolutely everything themselves.....even though they can't!
- Your child will find it hard to wait and, will want everything immediately, finding it hard to understand why they can't.
- Children at this stage can become easily frustrated. Their favourite word may be 'no' and emotions and behaviour can be overwhelming.

# Helpful hints

Talk to me about my emotions and help me to understand how I'm feeling.

A quiet time to relax is important in my day. We could share a story.

When I have a tantrum, help me understand how I'm feeling. If you stay calm it will help me to calm down.

Praise me when I try and celebrate when I learn something new.



Help me learn about boundaries by having simple rules and being consistent.

I like lots of hugs, kisses and attention.

Play simple games with me so I begin to learn to take turns.

Give me lots of opportunities to play with other children.

## Don't Forget!

Regular praise and encouragement is very important to your child's wellbeing and self-esteem. Praising your child when they do something positive, encourages the behaviour you want.

Routines and being consistent in your expectations can help your child to feel safe and secure in their environment.