

★Children Around 18 Months to 2 Years Old



Every child develops at their own pace, and there is no “right” or “wrong” way to grow.

Let’s cherish your child’s unique personality and enjoy these precious, fleeting moments together.

Around to 18 Months and 2 Years Old:

- Vocabulary grows for familiar everyday items. Children begin to say more words like “mama,” “doggie,” “food,” “shoes,” and “tea” .
- They also start moving from single words to two-word phrases to express themselves more clearly, such as: “Food” ⇒ “More food!” or “Food, please!”
“Doggie” ⇒ “Doggie there!” or “Big doggie!” “Mama” ⇒ “Mama here!” or “Mama come!”
- Physical coordination improves. They become better at using their bodies and will start to run and jump.
- Enjoying “pretend play” using their imagination. They will start to enjoy “pretend play” using their imagination, such as playing house or pretending to take care of and feed their dolls and stuffed animals.
- Self-feeding skills develop. They gradually get better at using spoons and forks and will start wanting to eat by themselves.

What is Important for Your Child’s Growth During This Period

◇Tips for Talking to Your Child

- Speak clearly and slowly.
- Use fixed phrases at transition points throughout the day, such as “Good morning,” “Good night,” “Let’s eat (Itadakimasu),” “Thank you,” and “Bye-bye”
- When your child shows interest in something, say its name clearly, like “Look, an airplane!” or “Look, a doggy!”
- Match your child’s movements with action words(verbs), such as “High five ! (Touch!),” “Hands up! (Banzai!)” or “Let’s go to sleep (Nen-ne)”
- Put your child’s feelings into words, like “It’s yummy, isn’t it?,” “You’re happy, aren’t you?” or “That hurt, didn’t it?”

◇Use positive Encouragement Instead of Restrictions or Negative Words!

“Don’t climb on the table!” ⇒ “Let’s step down, okay?”

“Don’t wander around!” ⇒ “Let’s sit down and eat” .

Instead of scolding them for what you don’t want them to do, tell them what you want them to do using action words.



◇Enjoy Fun Activities Together with Your Child

- Even if it’s just for a short time each day, try playing games together that make your child laugh out loud.

Along with their wonderful growth, this is a stage where children develop a strong sense of independence, often insisting on doing things “by myself” or “my way” . Daily parenting can become more challenging during this period. If you have any parenting concerns, please feel free to consult with us.