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Post-graduate training:

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• DEVELOPMENTAL MILESTONES: 1 - 2 Years.

Gross motor:

- Walks alone (12-18 months)
- Pulls toys behind him (12-18 months)
- Begins to run (15-18 months)
- Kicks a ball (15-18 months)
- Stands on tiptoe (18-24 months)
- Walks up and down stairs holding on to support (18-24 months)

Fine motor:

- Perfect pincer grasp (12-18 months)
- Turns over container to pour out contents (15-18 months)
- Builds tower of 4 blocks or more (18-24 months)
- Scribbles spontaneously (18-24 months)

Social:

- Follows simple commands
- Imitates behavior of other family members
- Initially prefers playing alone (12-18 months) but increasingly enjoys the company of other children (18-24 months)
- Demonstrates autonomy and defiant behaviors (18-24 months)
- "Temper tantrums" (18-24 months)
- Separation anxiety begins to fade (18-24 months)

Cognitive:

- Begins to sort by shapes and colors
- Finds easily objects hidden under 2-3 covers
- Recognizes names of familiar people, objects and body parts.

Language:

- Knows 5 words (15 months), 10-25 words (15-18 months) and 50-200 words (18-24 months).
- Uses two to four word sentences (24 months)

Appropriate toys and activities for this age:

- Story books and books and magazines with large pictures and/or babies.
- Blocks
- Digging toys, such as bucket, shovel and rake.
- Plays with cars, trucks and trains.
- Dolls of all sizes
- Bath toys (boats, containers, floating squeak toys)
- Balls of all shapes and sizes (not small enough to fit in the mouth)
- Push and pull toys
- Outdoor toys: slides, swings and sandbox.
- Stuffed animals
- Child keyboard and other musical instruments.
- Large crayons
- Toy phone
- Toys that encourage make-believe play: child lawn mower, brooms, kitchen sets.
- Simple shape sorters and pegboards
- Beginner's tricycle