

# Solihull Approach Resource: The first five years

397

18 months to 2 years

Emotional milestone	Developmental milestones
<p>Hugs and kisses parents, family and other people they are familiar with</p> <p>Expresses likes and dislikes</p> <p>Increasing need to be more independent</p> <p>Increasingly wants to do things for themselves</p> <p>Increasing self awareness</p> <p>Developing sense of being a separate individual</p> <p>Reacts aggressively when experiencing strong emotions.</p> <p>Aggressive acting out (hitting, kicking biting) usually peaks around 2 years.</p> <p>Does not yet have language to describe feelings or self-control to manage distress or angry/jealous feelings.</p> <p>Relies on familiar adults to help them calm down and manage strong/distressing feelings</p> <p>Plays alongside other children but not with them</p>	<p><b>Large Movement</b></p> <p>Walks with more confidence.</p> <p>Runs but may find avoiding obstacles a challenge at 18 months but by 2 years more able to avoid them.</p> <p>Walks upstairs with help and by 2 years starting to walk downstairs.</p> <p>Enjoys climbing.</p> <p>Learns to kick a ball.</p> <p><b>Fine movement</b></p> <p>Builds tower of 3 at 18 months.</p> <p>Holds crayon mid shaft at 18 months</p> <p>Dexterity increases by 2 years</p> <p>Scribbles and begins to copy a straight line at around 20 months</p> <p><b>Communication</b></p> <p>By 2 years increased number of words and starting to put 2-3 words together.</p> <p>Gradual increase in emotional inflections in speech.</p> <p>Points to parts of body around 20 months</p> <p>Follows simple instructions</p> <p>Starts to use words such as 'no' and 'more'</p>