

16-20 Month Play Ideas

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Play is a natural way for your young child to grow and learn. Activities in this list support key areas of development from your ASQ. Start with easy ones and see what they enjoy. Help your child build important skills while having fun.

Communication

Your child's language skills, what they understand and what they can say.

Play the “What’s that?” game by pointing to clothing, toys, body parts, objects, or pictures and asking your toddler to name them. If your toddler doesn’t answer, name it for them and encourage imitation of the words.



Lay out your toddler's clothes on the bed before dressing. Ask them to give you a shirt, pants, shoes, and socks. This is an easy way to learn the names of every day items.

Gross Motor

How your child's moves their arms and legs.

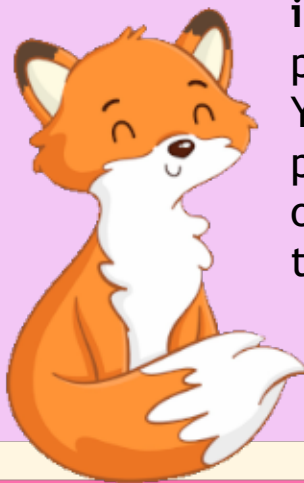
Toddlers love movement. Take them to the park to ride on rocking toys, swings, and small slides. You may want to hold your toddler in your lap on the swing and on the slide at first.

Play Hide and Seek. Your toddler can hide with another person or by herself for you to find. Then take your turn to hide and let your toddler find you.

Fine Motor

Your child's hand and finger movement and coordination.

Your toddler may become interested in “art activities.” Use large nontoxic crayons or other markers and a large pad of paper. Markers with bright colors are exciting. Let your toddler scribble their own picture as you make one.



A favorite pull toy often is a small wagon or an old purse for collecting things. Your toddler can practice putting objects in and out of it. It can also be used to store favorite items.

Problem-solving

How your child thinks, plays with things and how they solve problems.

Help your toddler sort objects into piles. He can help you sort laundry (put socks in one pile and shirts in another). Play “clean up” games. Have your toddler put toys on specified shelves or boxes.

Fill a small tub with cornmeal or oatmeal. Put in kitchen spoons, strainers, measuring cups, or funnels. Toddlers can fill, dump, pour, and learn about how things feel and use of objects as tools.



Find More Activities

Personal-social

Asks about feeding, dressing, and how they engage with others.

Make instant pudding together. Let your toddler “help” by dumping pudding, pouring milk, and stirring. The results are good to eat or can be used for finger painting.

Toddlers love to play in water. Put squeezable objects in the bathtub, such as sponges or squeeze bottles, along with dump-and-pour toys (cups, bowls).

