

# On the Move: Exploring Independence

(12-24 Months)

Our program uses the **HighScope Curriculum**. HighScope emphasizes research-based active learning, where young children build knowledge through play and interaction with others as well as their environment.

## Your Toddler is Becoming More Independent

- Very active: walking, climbing, throwing, and exploring
- Developing imagination and loving pretend play
- Including others in play
- Expanding vocabulary with sounds and words
- Growing independence: wanting to “do it my way”
- Beginning to see themselves as separate people

### Physical Development

- Pulls to stand and cruises along furniture
- Throws objects, feeds self with spoons and cups
- Scribbles with crayons

#### Ways you can help:

- Provide sturdy furniture for support
- Offer crayons, cups, blocks and other open-ended materials for exploration
- Encourage self-feeding during meals
- Allow plenty of movement and floor play



### Social and Emotional Development

- Thrives on routines
- Enjoys playing alone or beside others
- Shows strong feelings for parents

#### Ways you can help:

- Keep consistent daily routines
- Offer solo and group play opportunities
- Use family photos when parents are away
- Make arrivals and goodbyes positive



*Flip over to see how your toddler is learning and what you can do to support them every day!*

## Communication & Language

- Uses gestures to communicate
- Learns and uses more words over time
- Answer questions by looking or pointing

### Ways you can help:

- Interpret their actions and model words
- Ask questions they can answer with gestures or words
- Narrate routines and activities
- Give simple directions and acknowledge when they respond

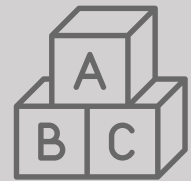


## Thinking & Problem Solving

- Picks up tiny objects
- Looks for hidden toys
- Acts with greater purpose

### Ways you can help:

- Provide sensory play like sand, cheerios, blocks
- Play peek-a-boo and hide-and-seek with toys
- Offer real-life items to explore like a brush, cups, utensils



## Simple Ways You Can Support Your Toddler Every Day



Narrate daily routines  
“I see you using your spoon”



Follow their curiosity, build on what interests them



Encourage independence, let them try new skills



Sing songs and rhymes, repetition builds memory



Provide props for pretend play like dolls, phones, kitchen items



Keep routines consistent, they provide comfort and security

**Every step, word, and game builds your toddler's confidence.**

Want to learn more about how we support your child's growth with **HighScope**?

Visit [www.famconn.org](http://www.famconn.org) or scan the QR code.

