



TODDLER MILESTONES

Help Your Toddler Exceed Developmental
Milestones & Set Them Up for Success!

*An eBook Created by a Mom with Expertise in
Early Childhood Education*

Toddler Milestones: Help Your Toddler Exceed Developmental Milestones & Set Them Up for Success!

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Hello!

Thank you so much for taking the time to download **Toddler Milestones: Help Your Toddler Exceed Developmental Milestones & Set Them Up for Success!**

My name is Samantha and I am a mom to a busy, active, spunky toddler boy! I am a work from home mommy who is also blogging full-time.

Once my son began staying home with me full-time, I realized I needed to continue working on his developmental milestones utilizing various activities. With my experience, education, and expertise in toddler development, I knew I could help him exceed those milestones!

In this eBook, you will find simple, easy, and budget friendly activities to do with your toddler to help them meet their language, cognitive, physical, and emotional milestones. Use these tools to seamlessly structure your toddler's learning opportunities throughout the day.

Happy parenting!

Always,
Samantha <3

Toddler Milestones

The milestones children are supposed to meet by specific ages can be stressful for parents. This is totally understandable! It feels as though your parenting skills are being judged if your child isn't doing something by a certain age.

If you're feeling overwhelmed, you're not alone! Some toddlers meet milestones sooner than others while other toddlers might meet milestones later.

Using budget friendly and easy activities like the ones mentioned in this eBook can help to integrate more learning opportunities for your child. Whether in your own home or out and about, there are many circumstances where you can engage with your child in a learning activity.

As always, if you have any concerns about your child's development, consult your child's pediatrician.

Reading to Your Child: The Importance and Benefits

I was five months pregnant with my son; my pregnant belly starting to pop through. It was a stormy and rainy evening. I snuggled up in a blanket next to the long window, found a childhood favorite book of mine, and began reading to my unborn child.

In that moment, I imagined how many evenings I would have like this with my son as he grew older and developed a love for reading. Reading is one of the simplest and best activities you can do with your child at any age.

And you know what? Reading with my son (present time) has been one of the easiest things to engage in with him! Not to mention we have made some pretty adorable memories together sitting in the rocking chair reading book after book.

Reading with your child is fun, but it is also important to do! You are your child's first teacher. Therefore, sharing a passion for reading with your child will only peak their interest in books and set the way for a successful educational future. [Before children even reach kindergarten, they need a foundation of language and reading.](#) The importance of reading to your child starts with you!

When Should I Begin Reading to My Child?

[It's never too early to start reading to your child!](#) Honestly, you can start the day you come home from the hospital with that sweet baby in your arms. At this stage of life, your baby is comforted by your voice. Therefore, reading to them gives them a chance to hear your voice while listening to sentence structures and voice intonation.

As your baby grows older, reading to them each day is a benefit. They begin to understand the left to right reading method and can soon start implementing that as they attempt to turn the pages for you.

Closer to the toddler stage, your child may even attempt to start "reading" the book to you through their baby babbling. All of this learning they are doing with a simple book yields a love for reading and learning later on.

Like I said before, I started reading to my son when I was pregnant with him. Probably a little extreme, but this gave me even more bonding time with him while my husband was at

work. This was a way for me to carve out some time when it was just the two of us and he could hear my voice without any other noises around me.



Photo by [Lonely Planet](#) on [Unsplash](#)

How Can I Read to My Child?

Incorporating daily reading time with your child is not a difficult thing to do. You can make this something you do in a daily routine such as at nap time or bedtime. You can also make it a spontaneous activity and pick up a book during random times of the day.

If my toddler could, we would read books all day every day! His love for reading just tickles me and I only hope that he continues to have a fond connection with literature as he grows up.

You can also try changing up the scenery where you read to your child. Lay a blanket on the grass outside and snuggle up for a read! This enhances your child's senses even more. If you are reading about the trees or grass, you can incorporate seeing the trees in the yard or feeling the grass beneath them. The outside world is filled with tremendous learning opportunities.

[During my days as a daycare teacher](#), much of my classroom's daily activities were structured around a book. I would read a few silly and fun books to the children in my care while also incorporating a book or two that was relevant to the lesson theme of the week. Then, I expanded on this book by providing learning opportunities in the classroom that the children could use to expand on what they had just learned.

What Types of Books Should I Read to My Child?

The types of books you read won't necessarily matter when reading to an infant. They like seeing the colors of the book, watching you turn the pages, and hearing your voice.

For a toddler, however, I would suggest grabbing books that are eye-catching. **Think bright, short, and engaging books!** Cardboard type books are usually the best kind of books to have in the presence of a toddler because the pages don't tear easily. We all know how a toddler can destroy things in 2.5 seconds!

Some fun books that my toddler loves to read include books that are engaging. **These books have pop-up art or little flaps on each page for him to flip through.** He loves being engaged with the story and showing me what he has discovered through his reading!



Photo by [Priscilla Du Preez](#) on [Unsplash](#)

Where Can I Find Books to Read to My Child?

Try heading to your local library and seeing what they have in their children's section. In my experience, libraries have books for different developmental stages that you can read there or checkout. This is also a budget friendly way to save on books! Library books are special

too because you get something new each time you go. This makes it exciting to read a different book constantly.

Check out Amazon's assortment of books as well! They have books you can filter out by age. They typically have a deal of some sort going on also to help you get the most books for the best price. Plus, they deliver right to your door.

When I was pregnant with my son, I was obsessed with getting his nursery put together (not sure why since he didn't sleep in there until after his first birthday). Anyways... I really wanted his room to incorporate reading and learning. So, I headed down to the local Goodwill and found dozens of books to buy for around a dollar or two a piece. This was great for a start!

There is also this new trend going on that I've noticed where people bring a book instead of a card to a baby shower! This is a great way to build up your child's library with special books from people who came to shower them with gifts. You can go as far as having people write special notes inside the books as well.

Reading is Important!

We all know that children are like sponges. They absorb and learn so much in a little amount of time. The facts surrounding the importance of reading to your child have been proven to boost their language development. This is a precursor for getting your child ready to enter kindergarten.

Seize those moments to connect with your child as well as expand on their language through reading! These moments come and go quicker than we think; don't let these opportunities pass you by.

Letter Recognition: Language Building Activities for Toddlers

Letter recognition for children is crucial to their **development** and success in their education.

However, what you won't hear from others is that being a parent and trying to make sure your child is meeting every developmental milestone by "X" number of months or years is **EXHAUSTING**. Do you ever feel this way?

Recently, I talked to a very good friend of mine. Our children are six months apart so it is interesting to see the **developmental milestones** they are meeting separately and what a difference those six months can make.

What I noticed during our nearly an hour and a half phone call was that we are both just trying our best at this motherhood thing. We talked about **ways we could help our children succeed** and meet those developmental milestones, especially with language development.

One of the things we discussed was how to give our toddlers time to learn while also being entertained throughout the day. Therefore, I decided to write about simple activities parents can use to incorporate **letter recognition** into their toddler's daily routine in hopes of helping other parents in their parenting journey!

What is Letter Recognition?

Letter recognition is exactly what it sounds like; the ability to recognize the letters of the alphabet. More specifically, **letter recognition is being able to recognize the shape and size of a letter**.

Letter recognition is the first step in your child's reading and literacy journey. Just by taking the time to develop your child's letter recognition skills, you are setting them up to be able to start naming the letters and noticing what sound each letter makes.

Why is Letter Recognition Important?

There are **four components of learning letters**. Your child can progress to the other three components by first completing letter recognition.

In addition, language and literacy development are **major domains of early childhood development**. It is important to begin developing your child's language and literacy skills early on to help prepare them for a successful reading journey.

Children who are able to recognize their letters can be **more successful in learning the sounds each letter makes**. This is especially helpful in the English language given that **English often has more than one sound for a letter**.

How Can I Easily Incorporate Letter Recognition Activities?

A quick glance at Pinterest can have you filled with so much inspiration on how to incorporate letter recognition learning opportunities for your children.

As a busy mom, I appreciate being able to quickly and easily incorporate learning opportunities into our daily routine. This gives me more time to complete some work-from-home tasks for myself or get things done around the house faster.

It is also fun to improvise on the spot and engage with your toddler in a letter recognition activity! This makes the learning memorable for your child because you are right there by their side. I don't know about you, but my heart just melts when my son grins at me while engaged in one of the following activities!

1. Magnets

I found this was one of the easiest activities for me to include in my son's daily routine. Placing letter magnets that were at this eye level on the refrigerator caught his attention immediately!



Photos by Samantha Flores of HerJournal.blog

The first day he noticed the magnets, he sat at the base of the refrigerator for half an hour exploring. I made it a point to include letter magnets as well as animal magnets so that we could start associating the letters to the animals. I verbally labeled each letter magnet that he touched or pointed to. Then, I moved an animal magnet over to the corresponding letter.

For example, when my son showed me the letter 'C,' I would name the letter. Then I brought over the cow magnet and stuck it next to the letter. I repeated the letter name and told him, "C is for cow."



Photos by Samantha Flores of HerJournal.blog

At the toddler stage, some might think this kind of expansion is too much for this young of an age. However, [after my time working in early childhood education](#) (specifically with toddlers), I can tell you that this age group is a fast learning age group. They pick things up quickly and tend to repeat more.

Because of my experience, I encourage my son to learn more by immersing him in activities that require his little brain to think more.

[Since I am a work-from-home mom](#), there are times when I need my toddler to entertain himself. This magnet activity was a winner in my book!

After our time talking about the magnets, I left my son's side to continue with work and he explored with the magnets much longer than I had anticipated. This was a win-win for us!

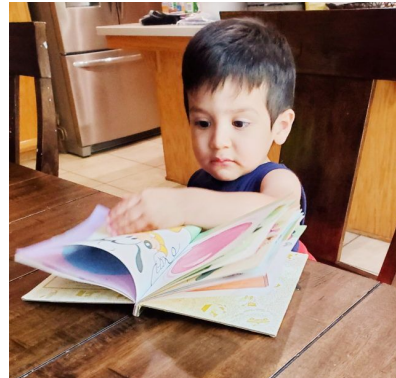
***NOTE:** The magnets we used were [printer magnetic letters that we made at home using printer magnetic sheets](#). I wanted to make sure the magnets were safe for my son to use

and didn't pose a choking hazard. Use at your own discretion. I am not liable or responsible for misuse of this activity.

2. Story Time

Another easy way to incorporate some letter recognition time is by simply reading to your toddler. This gets them familiar with letters, words, sentence structure, and language!

Reading to your toddler is one of the best ways to bond and help them establish their language skills. Letter recognition will come through reading the more you engage with them through stories.



Photos by Samantha Flores of HerJournal.blog

Try pointing to the words on the pages as you read aloud to your child. This will help draw their attention to the words and therefore begin the process of having them recognizing letters!

3. Decor

This might seem like an odd activity, but incorporating learning opportunities through your home decor can be helpful. Take a look around your home and notice what letter recognition opportunities you have.

As simple as this may sound, I have my son's name across the back wall of his bedroom. I used individual letters to spell out his name. In the mornings and before he goes down for bed, we take a look at his name and mention each letter that he sees in his name.

This can be incorporated throughout your home! I've seen many home decor options that spell out 'Family' or 'Gather' or some other kind of word. These could be used in the same way to recognize and point to each letter you and your child see.

4. Everyday Items

Using the items in your pantry and refrigerator are full of language rich opportunities. All of these items are labeled with the names of the products so why not take the opportunity to use them as learning tools?

When you're making that peanut butter and jelly sandwich, show your child the names of the items.

With the bag of peas that you are going to use for dinner tonight, show your toddler the bag and point to the letters on the bag: P-E-A-S.

These food examples might sound silly. However, your environment is full of rich letter recognition learning opportunities for your toddler. Better yet, these activities don't cost anything more than what you spent to buy that food item! **Budget friendly** and educational?! **SCORE!**



Photo by [Susan Holt Simpson](#) on [Unsplash](#)

How To Expand on Your Toddler's Language Development

A huge and notably wonderful milestone for parents is when their toddler begins to talk! Your toddler can [communicate their needs with you](#) even more now and life is going to get easier (or so they say). While many of us long for the day when our toddler uses their “big boy/girl” words to communicate with us, they cannot reach this language development milestone on their own. As Margaret from [Speak.Play.Love](#) says, “It’s all about creating opportunities.”

Recently, I took my son to his 18 month check-up with his pediatrician. Prior to his appointment, the doctor’s office sent me a questionnaire about my son’s development. This questionnaire had me stressed out trying to figure out the right answers to put on the form. Does he know five body parts? Can he walk, run, and jump? Does he recognize familiar faces? Can he respond to his own name? Is he ready for college? (Joking, obviously!)

However, [many of the questions I needed to answer were related to my son’s language development](#). I want to share with you how you can easily expand on your child’s language development without any fancy, expensive, or unnecessary purchases.

Why is it Important to Expand on my Toddler's Language Development?

While developing a way to help others understand the importance and significance of expansion, I consulted an expert in the field of Speech-Language Pathology, Alexandra Lodwig, MS, CCC-SLP. Ms. Lodwig is a Speech-Language Pathologist who specializes in Early Intervention (Birth to 3 Years Old).

“Language, play, and cognition do not exist alone- they are interdependent on each other. By expanding and targeting language, we are helping toddlers grow their play, imitation, attention, and engagement skills as well as their understanding of how the world around them works.” **-Alexandra Lodwig, MS, CCC-SLP**

Expansion starts with the parents! You are your child’s first teacher. Therefore, who better to model language and further develop their skills? It may sound complicated to do.

However, I assure you the tips in this post will help you make expansion become part of your daily life and therefore help your toddler's language development!

1. Taking a Neighborhood Stroll

This is an activity that you do with a toddler anyways, right? There is no greater classroom than that of the outdoors! There are a variety of sounds to hear and connect with an object. Various shades of colors are available to notice. In addition, you can feel the wind or smell what's in the air and discuss those observations.

“Extension or the ‘Plus One Rule’: When your little one says something, repeat it back and add one more piece of information. If they point to a bird and say ‘bird,’ you could repeat back ‘blue bird’ or ‘little bird.’” **-Alexandra Ludwig, MS, CCC-SLP**

Taking that walk in your neighborhood or even going to the park will add such rich experiences while being able to expand on your toddler's vocabulary. Imagine all the things you can see and hear with them simply by stepping outside!



Photo by Janko Ferlič on Unsplash

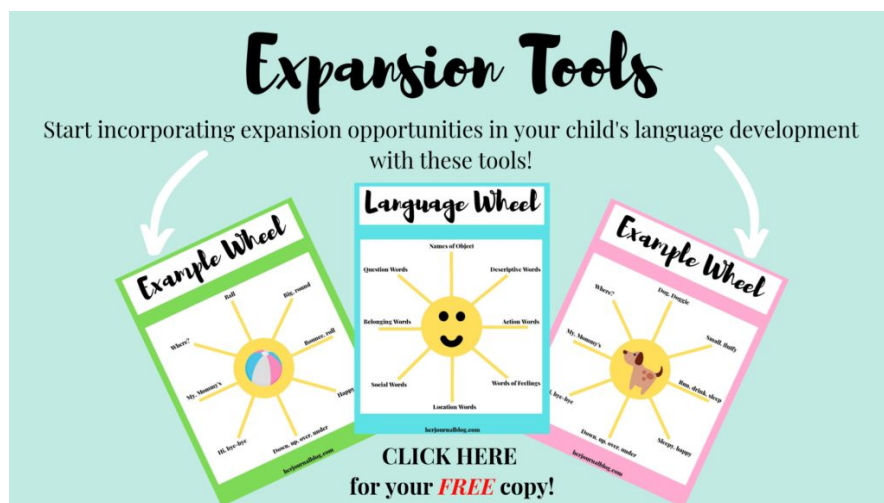
2. Talk About the Activity

Toddlers are constantly engaged in some kind of activity from art to reading to running to laughing. There is always something happening in a toddler's world!

While noticing what your toddler is engaged in, try using these opportunities to expand on their language development. A simple activity can be filled with vocabulary building opportunities that you may not have noticed.

Simple queues like your child playing with building blocks could lead to you expanding on their observations. These observations include talking about the colors of the blocks, the size of the blocks, or even what the blocks are making.

Examples: "I see you have the blue and yellow blocks." "This block is big and this block is small." "Wow! That is a tall tower of blocks." Simple, yet effective expansion!



3. Discuss Daily Routines

You are already going through the motions of your daily routine so why not make that a learning opportunity?

When you think about the steps you take in just making a simple bowl of cereal for breakfast: taking out a bowl, pouring the cereal into the bowl, pouring milk into the bowl, and using a spoon to eat it. These steps could be used in expansion methods and gets your toddler thinking about what they are seeing and tasting. "I am grabbing the blue bowl for your cereal. Let's pour some yummy cheerios into the bowl. Don't forget to pour the milk in the bowl! How does the cereal taste?"

This kind of expansion can go on for all meals of the day and even snacks. To further your discussions, talk about what you have planned for the day. "We are going to get into the car and go to the library. After the library, we are going to the grocery store."

Sometimes, it may seem like you are bombarding your toddler with unnecessary information. However, they are soaking it all in and if you implement these areas of expansion enough, their language skills will develop much quicker!

4. Try New Experiences

When you take a toddler to a new place or show them a new activity, watch their little face as they take time to absorb and process this new information!

“New/novel experiences help us strengthen and create new synaptic connections in our brains and helps new words ‘stick’ better. Try going to the zoo and practice the names of the animals!” **-Alexandra Ludwig, MS, CCC-SLP**

When I took my son to the zoo for the first time, he was amazed at all these wandering beings that he was seeing. He would point to each one that caught his eye and then I would name the animal. To further this experience, I would incorporate the color or the size of the animal. Examples: “That is a brown bear!” Or “That is a big tiger!”

The zoo is a wonderful place to build on your toddler’s learning. Additionally, you can find other places or experiences that fit your child’s interests better if needed and include these expansion techniques.

5. Discuss Their Feelings

We all know that toddlers have **BIG** feelings! Whether they are excited, upset, or somewhere in between, they are typically not shy about expressing how they feel.

If there is something that makes your toddler happy or excited, talk about it! My toddler gets excited about having yogurt for a snack. I take this opportunity to talk about his excited feeling. “I see you smiling at your yogurt! Are you excited to eat your yogurt for snack time?”

Even if my toddler gets upset or angry (which happens often because #toddlerlife), I still make that a learning opportunity for him. “I see that you are crying. I know you are upset. But you can’t eat the dog’s food. It is okay to be sad about it.” Here, you are not only expanding on their feelings and connecting their feelings to a name. You are also acknowledging that you understand them and accept that they have feelings, too.



Photo by [Jordan Whitt](#) on [Unsplash](#)

Why Should I Care About Expansion?

While there are so many pressures on parents these days to make sure your toddler is within a certain percentile for weight/size, is getting enough exercise, is social, is sleeping through the night, and is getting some kind of pre-academics, it is understandable that adding yet another thing to your list is exhausting.

However, the basis of your toddler's learning and development stems from their ability to communicate and imitate. Therefore, their language development is crucial to their success. Utilizing these simple tips everyday to incorporate expansion of your toddler's language development will assist in getting your toddler on the right path to success!

Encourage Independence in Toddlers

Toddlers are like a species all on their own; they are tiny humans who don't have control over anything yet, but they want to do everything. It is especially difficult for **toddlers** to wait on you (the parent/caregiver) to do something for them when they want to do it independently. Consider how you can encourage independence in your toddler.

Coming from a mother of an almost two year old and **someone who has years of experience teaching the toddler age group**, I can tell you just how challenging and fun this age group can be!

There are some big emotions in toddlers which are often the cause of those oh-so-fun meltdowns. On the flip side, toddlers are one of the sweetest, most caring, inquisitive beings out there. They are curious about the world around them and all they want to do is learn more about all of it.

When the weather is nice, I take my toddler on a walk around our neighborhood. I hate to admit this, but I've recently caught myself thinking of these walks as a chore and something that needs to be completed in 'X' amount of time.

My toddler on the other hand, has taken the time to remind me that these walks are for enjoyment. He literally stops to smell the roses and recognizes all the other fascinating things he finds on our walks that I generally take for granted. His world is so big; it is my job to help him navigate and find the joy in all of it through encouraging his independence.

Why Should You Encourage Independence in Toddlers?

To teach and encourage independence in toddlers can be a tall order to fulfill. In addition to all the other messes toddlers leave around the house, now incorporating more opportunities for a mess is not very appealing. However, you have to start somewhere and children have to learn eventually, right?

When I really started focusing on allowing my toddler more independence, the loads of laundry suddenly doubled (maybe even tripled)! My toddler was going through two to three

sets of clothes before lunch time most days when trying to help himself to things that normally I would do for him.

However, I kept strong to my goal of wanting to encourage his independence. As challenging as it was for me to have to keep up with the laundry or change him every hour at first, I knew it would benefit him more to continue to learn than if I just did it all for him all the time.

Independence in toddlers also helps them conquer various development milestones! Independence promotes self-confidence and self-efficacy. It reduces the power struggles that come with toddler-hood. It provides experiences for your toddler to explore with sensory, motor skills, strength and coordination.

Lastly, encouraging independence in toddlers gives you so much to talk about with your toddler throughout the day! This is great for expanding your toddler's language development.

All around, when you start to encourage independence in toddlers, their world gets that much bigger, brighter, and exciting!

1. Let Them Get Their Own Drink

I started allowing my toddler to get his own water from the refrigerator water spout. Each day, I left a small cup on the counter that he could reach. Additionally, we practiced taking out his step stool and placing it in front of the fridge so that he could step up to fill his cup.

When he realized he could now get his own water without my help, he was the happiest child! As you can guess, this has been the messiest part of the independence learning. There were several instances of him overfilling the cup, spilling the water as he brought the cup down from the perch of the water spout, and/or missing the cup entirely and streaming water down the front of the fridge.

This was an inevitable outcome that I had anticipated. I made sure to have dry changes of clothes readily available. It took us a good couple of weeks for him to learn how much he needed to fill the cup to understand not to overfill it or make it spill when he moved the cup.

There were times when I needed to lock the settings on the water spout so that he wouldn't have access to the water anymore. Let's be real, I was as encouraging as I could be. However, Mama has her limitations sometimes and throwing a dozen hand towels and outfits into the washer was my cutoff.

Overall, this has been a fun experience for him! My toddler loves helping everyone else in the house get their water cups filled. He is so proud of himself for being able to do this task and it's one less thing I *usually* have to do for him now. He can meet his own needs here!

2. Dedicate a Drawer or Cupboard for Them

We had a play date at a friend's house recently. I saw how she had a lower cabinet available for her son to access. This cabinet had snacks and bowls inside of it so her son could grab a snack out that he desired to have.

Sure, she had to help him at times to take the lid off of a container or to pour something out for him. However, this concept she had implemented made him feel confident that he would be able to express to her what he needed at that moment. There were no guessing games or meltdowns; he simply grabbed the snack he wanted and that was that.

After seeing this idea, it got me thinking of incorporating such a cabinet for my son in our own home. Simple snacks like cheerios in a zip lock bag, fruit pouches, and/or juice boxes would be great for him to have access to.

Of course, there is the consideration that he will just be snacking all day or have to be told he can't have something because it is dinner time, lunch time, etc. However, learning boundaries in this area is a sure way for him to begin to understand that there are limitations to his freedoms.

3. Walk Instead of Using the Stroller

It can be so much easier to [strap my toddler into the stroller](#) and take him for a neighborhood walk. There are days when I do consider this route.

However, having my son walk alongside of me instead encourages independence and trust within his own body. He trusts that I am there to keep him safe (even if he does run out of my grasp). There are ways that I implement safety structures with him so that I can prevent him from reaching dangerous situations.

Additionally, having him walk not only gets his energy out, but it also helps him to build those large muscles. He is able to explore his body's abilities and limitations. He can learn new ways of getting around such as walking backwards or attempting to skip.

My son also learns about nature during our walks. He has his own observations of the bugs crawling on the sidewalk or the butterflies fluttering in and out of flowers. He is in control of his learning and looks to me to expand on his experiences.



Photo by [Emma Frances Logan](#) on [Unsplash](#)

4. Carry Their Own Diaper Bag with Essentials

Those early infant days were filled with overloaded diaper bags for us. I could never be without an abundance of essentials. Nowadays, things are different!

Toddlers still need some kind of bag to carry diapers/wipes and extra clothes in. Even if your toddler is potty trained, having extra clothes is best practice in case of accidents.

For our outings, my toddler carries his own essentials. We purchased a [small Mickey Mouse backpack](#) just right for his size. We load it up with the few necessities (he also insists on bringing a book or two). Then, he is responsible for carrying around his belongings.

Of course, there are times when the bag is too heavy or he has carried it on his back long enough so we step in and take it for him. Overall though, he learns that Mommy has her purse and he has his backpack. He loves to be included in everything Mommy does!

5. Let Them Help You

After some grocery shopping, we task my toddler with helping us bring in the groceries. We give him something light to carry in like the toilet paper rolls or the bread. He has this “big boy” walk when he follows us into the house with the groceries in hand. He waits patiently for us to take the item from him and put it away.

Additionally, I allow my toddler to help me put away the dishes from the dishwasher. Of course, I take out the utensil rack first that contains all the sharp objects. Then he starts handing me the dishes and I dry them off to be put away. If a dish or Tupperware item goes into a lower cabinet that he can reach, I'll encourage him to put that item away on his own.

There are various tasks your toddler can help you with around the house. Get them involved!

6. Have Them Clean Their Own Mess

Encouraging toddlers that they need to **clean up after themselves is a big step in independence**. It also shows them how to take responsibility for their actions.

When I was teaching my toddler to get his own water and there was a spill, I would have him help me clean it up with a dish towel. Now when he spills something, he knows where to get a dish towel or paper towel to wipe up his mess.

Additionally, putting away their own toys is helpful for you so that you're not having to clean up after them by yourself. Encourage your toddler to put their toys and books back where they belong after they have finished playing with them.



Photo by Daiga Ellaby on Unsplash

7. Praise Them When They Do Something Like a “Big Boy/Girl”

I am a mom who definitely gives much praise to my son (reasonably). I want to show him that he can do things without me. He has the ability to think about solving a problem. Surely, I will miss those dependent days as he gets older. *sniff, sniff*

When my son completes any of the above mentioned tasks, I praise him or I simply thank him for helping. Either method works and he feels like he has contributed to the outcome. I tell him how he is such a big boy for helping Mommy. He smiles and usually gives me a hug or a high-five. Of all the rewards I can get in the day, my son's smile is the best gift ever!

Some Parental Encouragement

On days that are hard, I know how draining it is to do all the things with your toddler. We all want to help our toddlers meet their milestones, but some days are just more challenging than others. Just take it one day at a time!

Of all the advice I can give about raising a toddler and setting them up for success, I think the most important piece is to take care of yourself so that you can be 100% for your child(ren). Parenting is a constant learning experience for all of us no matter how many children you have. The toddler stage is challenging yet so rewarding in many ways.

You are raising a little human and there is so much time and energy that goes into that. Give yourself some grace and know that it is okay to have hard days. That's part of parenthood; we will get through it!

Remember to consult your toddler's pediatrician if you feel your child is struggling to meet their milestones.

My goal in creating this guide for meeting milestones is to lessen the confusion on how parents can help their toddlers succeed and prepare them for the next step in their developmental process. I hope you have found this guide useful!