

19 to 24 months

Love and warmth

- ☐ Showing your child affection in ways they enjoy
- ☐ Noticing and praising your child's efforts when they try something new
- ☐ Comforting them and staying close when they're hurt, tired, frightened or upset
- ☐ Making time for play, connection and laughter throughout the day

Talking and listening

- ☐ Getting down to your child's level to listen and talk
- ☐ Making sure you've got their attention before giving them simple instructions
- ☐ Giving your child time to understand and respond
- ☐ Talking, singing and story-telling in the languages that are important to your family
- ☐ Adding a little more to what your child says so that they hear new words and ways of putting sentences together, "Ae, that is a manu and it's flying."

Guidance and understanding

- ☐ Providing opportunities for pretend play with everyday objects, dress-ups and toys
- ☐ Keeping your expectations realistic as your child learns to share, wait, take turns, use words and be gentle
- ☐ Showing your child what they can do, rather than telling them what they can't do
- ☐ Noticing and describing helpful and kind behaviour when you see it

Limits and boundaries

- ☐ Making everyday jobs like tidying up into something you can do together
- ☐ Having a few clear rules or boundaries that are reasonable for your child's age
- ☐ Moving dangerous, breakable or precious things out of reach so your child has plenty of things they can safely explore
- ☐ Helping with transitions by giving simple warnings such as "one more turn, then it's bath time"

Consistency and consequences

- ☐ Responding to important family rules or boundaries in a reasonably consistent way
- ☐ Redirecting and helping your child when they're finding it challenging to manage their behaviour or emotions
- ☐ Staying as calm as possible when your child experiences challenging emotions
- ☐ Remembering that you and your child need to be calm before teaching or explaining
- ☐ Making things right with your child after difficult moments

Structured and secure world

- ☐ Showing your child photos and talking about important people, places and stories in your whānau
- ☐ Giving your child plenty of opportunities for active, messy and outside play time
- ☐ Having familiar rhythms around kai times, sleep, play and getting ready
- ☐ Giving your child plenty of safe opportunities to move, climb, carry, push, pull and practise new physical skills they're learning
- ☐ Helping your child feel loved, safe and understood as they explore, learn and grow

What feels important to you?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____