

## Arturo Quintanilla, MD

Board Certified Pediatrician

### Post-graduate training:

Maimonides Children's Center/State University of New York Downstate Medical Center  
Miller Children's Hospital-Long Beach Memorial Medical Center/University of California-Irvine

35-900 Bob Hope Dr, Suite 140, Rancho Mirage, CA 92270

Tel (760) 770-0000 / Fax (760) 770-2727

---

### • DEVELOPMENTAL MILESTONES: 1 - 2 Years.

#### Gross motor:

- Walks alone (12-18 months)
- Pulls toys behind him (12-18 months)
- Begins to run (15-18 months)
- Kicks a ball (15-18 months)
- Stands on tiptoe (18-24 months)
- Walks up and down stairs holding on to support (18-24 months)

#### Fine motor:

- Perfect pincer grasp (12-18 months)
- Turns over container to pour out contents (15-18 months)
- Builds tower of 4 blocks or more (18-24 months)
- Scribbles spontaneously (18-24 months)

#### Social:

- Follows simple commands
- Imitates behavior of other family members
- Initially prefers playing alone (12-18 months) but increasingly enjoys the company of other children (18-24 months)
- Demonstrates autonomy and defiant behaviors (18-24 months)
- "Temper tantrums" (18-24 months)
- Separation anxiety begins to fade (18-24 months)

#### Cognitive:

- Begins to sort by shapes and colors
- Finds easily objects hidden under 2-3 covers
- Recognizes names of familiar people, objects and body parts.

### Language:

- Knows 5 words (15 months), 10-25 words (15-18 months) and 50-200 words (18-24 months).
- Uses two to four word sentences (24 months)

### Appropriate toys and activities for this age:

- Story books and books and magazines with large pictures and/or babies.
- Blocks
- Digging toys, such as bucket, shovel and rake.
- Plays with cars, trucks and trains.
- Dolls of all sizes
- Bath toys (boats, containers, floating squeak toys)
- Balls of all shapes and sizes (not small enough to fit in the mouth)
- Push and pull toys
- Outdoor toys: slides, swings and sandbox.
- Stuffed animals
- Child keyboard and other musical instruments.
- Large crayons
- Toy phone
- Toys that encourage make-believe play: child lawn mower, brooms, kitchen sets.
- Simple shape sorters and pegboards
- Beginner's tricycle