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# Children aged 1 to 2 years

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You'll continue to see your health visitor at home at home when your child is aged 1 to 2 years. They will check in on you and your baby, looking at their progress and offering general health and wellbeing advice.

You can take part in and join activities at [your Family Hub](#) such as stay and play sessions, story time and sports activities.

Ask your Family Hub team if you are entitled to a free nursery place when your child is two years old.

## Child's development

All children develop at their own pace as they learn about themselves, their family and world.

Development you may see at this stage includes:

- Handing you a book or toy when they want to play
- Babbling with more sounds that begin to sound like words
- Waving and use of basic words like 'mama' and 'dada'
- Drinks milk and water from a cup
- Looks at objects when they are named
- Takes a few steps without support

## Supporting your child to grow

- Play social games such as hiding something and getting them to find it
- Try to get them to help with getting dressed. Ask them to put their leg out and stand up
- Encourage them to say 'hello' and 'goodbye' and praise them when they do

## Help and support

The [parent infant service in Blackpool](#) works with parents to support positive bonding and attachment in the perinatal period.

[Your local Family Hub](#) can support with a number of things that can impact on your parenting life such as debt, housing and relationships. Find out more about our Family Hubs.

The [I Can Cope \(ICON\) programme](#) helps to support parents and carers to understand the normal crying pattern of young infants and keep babies safe.

Find out more about your [child's development and what to expect when](#).

## Blackpool Council

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