

# Growing & Learning at...15 Months



## What Most Babies do at 15 Months:

### Social-Emotional Milestones

- Copies other children while playing, like taking toys out of a container when another child does
- Shows you an object she likes
- Claps when excited
- Hugs stuffed doll or other toy
- Hugs, cuddles, or kisses you

### Language & Communication Milestones

- Tries to say one or two words besides “mama” or “dada”
- Looks at a familiar object when you name it
- Follows directions given with both a gesture and words. If you extend your hand and say “Give me the toy”, he gives it to you.
- Points to ask for something or to get help

### Cognitive Milestones (learning, thinking, problem-solving)

- Tries to use things the right way, like a phone, cup, or book
- Stacks at least two small objects, like blocks

### Movement & Physical Development Milestones

- Takes a few steps on his own
- Uses fingers to feed herself food

## Helping 15-month-old Babies Learn & Grow:

- ▶ At this age, their words aren't always complete. If he says “ba” for ball, respond with “Ball, yes, that’s a ball!”.
- ▶ At 15 months, children like to help with everyday activities. You might let her get her shoes to go outside or put toys back in their basket. Make up a simple “clean-up song” and sing it while you “clean-up” together.
- ▶ Sing or play children's songs and dance together to the music. Try singing songs with gestures and invite him to do the gestures with you.
- ▶ Expect tantrums. They are normal at this age and are more likely when she is tired or hungry. Tantrums should become shorter and happen less as she gets older. You can try a distraction, or give her time to calm down and move on.
- ▶ Blow bubbles and let him pop them, while you say “Pop! Pop!”.
- ▶ Hide-and-seek is a fun learning game for 15-month-olds. Let him watch you hide behind a chair and then wait for him to come “find” you.

### Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at [www.healthychildren.org](http://www.healthychildren.org)

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## Topics to Discuss at 15-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is your baby's sleep routine?
- ▶ What types of food is your baby eating?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



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