

Growing & Learning at...18 Months



What Most Toddlers do at 18 Months:

Social-Emotional Milestones

- Moves away from you, but looks to make sure you are close by
- Puts hands out for you to wash them
- Looks at pages in a book with you
- Helps you dress him by pushing arm through sleeve or lifting up foot

Language & Communication Milestones

- Tries to say three or more words besides “mama” or “dada”
- Follows one-step spoken directions, like “Give the toy to me.”

Cognitive Milestones (learning, thinking, problem-solving)

- Copies you doing chores, like sweeping
- Plays with toys in a simple way, like pushing a toy car

Movement & Physical Development Milestones

- Walks without holding onto anything
- Scribbles
- Drinks from a cup without a lid (and sometimes spills)
- Feeds himself with his fingers
- Climbs on and off a chair without help

Helping 18-month-old Toddlers Learn & Grow:

- ▶ Offer toys and items that encourage “pretend” play, like a doll and baby blanket, or toy cars and blocks. Demonstrate how to pretend play, and then take turns pretending.
- ▶ Help him recognize and respond to others’ feelings. If he sees a child who is sad, say “He looks sad. Let’s bring him a teddy bear.”
- ▶ 18-month-olds like to be given choices. Simple choices between two things are best, like asking whether she wants to drink the water first, or eat the applesauce first.
- ▶ Tantrums are normal at 18-months, and will become shorter and less frequent as he gets older. Try distracting him or giving him time to calm down and move on.
- ▶ Talk with 18-month-olds by getting down to their eye level so they “see” what you’re saying through your eyes and face, not just your words.
- ▶ Teach new words by expanding on her words. If she says “Dog,” say “Yes, that’s a dog. Dogs say ‘woof, woof.’”
- ▶ Play “catch” with an 18-month-old, by rolling a ball back and forth.

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

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Topics to Discuss at 18-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?
- ▶ When will my child be ready for toilet-training?



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