

# Your Child at 18 months

**Milestones matter!** How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 18<sup>th</sup> months (1 ½ years). Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do by this Age:

### Social/Emotional

- ☒ Likes to hand things to others as play
- ☒ May have temper tantrums
- ☒ May be afraid of strangers
- ☒ Shows affection to familiar people
- ☒ Plays simple pretend, such as feeding a doll
- ☒ May cling to caregivers in new situations
- ☒ Points to show others something interesting
- ☒ Explores alone but with parent close by

### Language/Communication

- ☒ Says several single words
- ☒ Says and shakes head "no"
- ☒ Points to show someone what he wants

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

- ☒ Knows what ordinary things are for; for example, telephone,
- ☒ brush, spoon
- ☒ Points to get the attention of others
- ☒ Shows interest in a doll or stuffed animal by pretending to feed
- ☒ Points to one body part
- ☒ Scribbles on his own
- ☒ Can follow 1-step verbal commands without any gestures; for example, sits when you say "sit down"

### Movement/Physical Development

- ☒ Walks alone
- ☒ May walk up steps and run
- ☒ Pulls toys while walking
- ☒ Can help undress herself
- ☒ Drinks from a cup
- ☒ Eats with a spoon

### KNOW YOUR CHILD BEST

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Doesn't point to show things to others
- Can't walk
- Doesn't know what familiar things are for
- Doesn't copy others
- Doesn't gain new words
- Doesn't have at least 6 words
- Doesn't notice or mind when a caregiver leaves or returns
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

**DON'T WAIT.**

**Acting early can make a real difference**

# Help Your Child Learn and Grow

**You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 18-month-old child today.**

- ☐ Provide a safe, loving environment. It's important to be consistent and predictable.
- ☐ Praise good behaviours more than you punish bad behaviours (use only very brief time outs).
- ☐ Describe her emotions. For example, say, "You are happy when we read this book."
- ☐ Encourage pretend play.
- ☐ Encourage empathy. For example, when he sees a child who is sad, encourage him to hug or pat the other child.
- ☐ Read books and talk about the pictures using simple words.
- ☐ Copy your child's words.
- ☐ Use words that describe feelings and emotions.
- ☐ Use simple, clear phrases.
- ☐ Ask simple questions.
- ☐ Provide toys that encourage pretend play; for example, dolls, play telephones.
- ☐ Hide things under blankets and pillows and encourage him to find them.
- ☐ Play with blocks, balls, puzzles, books, and toys that teach cause and effect and problem solving.
- ☐ Name pictures in books and body parts.
- ☐ Provide safe areas for your child to walk and move around in.
- ☐ Provide toys that she can push or pull safely.
- ☐ Provide balls for her to kick, roll, and throw.
- ☐ Encourage him to drink from his cup and use a spoon, no matter how messy.
- ☐ Blow bubbles and let your child pop them.

Milestones adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics via CDC (U.S) at <https://www.cdc.gov/ncbddd/actearly/milestones/> adjusted for UK advice.

This milestone checklist is not a substitute for a standardised, validated developmental screening tool.

