



Health, Activity,
Nutrition, Development,
Safety, Together

Issue 5

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My Development 12-18 Months

For Further Information, consult the book *Babies Best Chance or Toddler's First Step*, either online or at your local Public Health Office.

Langley Early Child
Development
Committee

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By eighteen months...

Things I like...

Things we can do together

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Things I like...

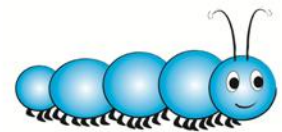
- Ask me to get an object from another room and give me a big hug when I do.
- I like to fill and empty containers. Give me a bucket or bowl with small safe objects.
- I like toys that can be stacked and knocked down (shoe boxes, margarine containers).
- Give me toys to push and pull.
- Make a special book for me with photos of my favourite people, activities and toys.
- I learn how things work through exploring toys in my bath (i.e. cups, funnels, sponges).
- I like to make music with you by banging, shaking and listening to the different sounds that objects can make.
- Give me crayons so I can make marks on a piece of paper.

By eighteen months, I can...

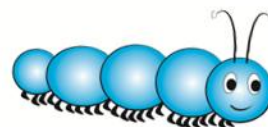
- walk on my own, seldom falling
- say 10-20 words and understand many more
- squat to pick up a toy and then stand up without falling
- show you something by pointing to it
- point to 2-3 body parts when asked
- point to familiar pictures in a book when asked
- draw marks on paper
- stack 2-3 blocks
- drop several toys into a container and dump them out
- follow simple directions without you pointing
- imitate your sounds, actions and words
- crawl up and down stairs
- use a spoon and drink from a cup
- show affection by hugging people and toys



Things we can do together...



- I may show strong feelings when things don't go my way. Comfort me when my anger turns to tears.
- I do not understand right from wrong. I need your help to learn.
- I like to copy you; be a good role model.
- I am starting to play beside others; I am not ready to share.
- I need a quiet bedtime routine. A bath, hug and story or song helps me settle to sleep.
- Say good bye when you leave me and reassure me that you will return.
- I show affection by giving hugs to you and my toys.
- Temper tantrums tell you that I need your help. My day may have been too busy or I may be hungry, tired, sick or frustrated.



Nutrition

- I am eating a variety of foods. I like being with you for family meals.
- The foods that I choose to eat may change. Keep offering foods that I did not like before.
- I feed myself using a spoon and my hands. I can drink from a cup.
- Expect me to be messy as I explore the food I eat. Don't stress about the mess!
- I need breakfast, lunch and dinner. Offer me a snack between each meal and at bedtime.
- To keep me safe, I need to sit down while eating and drinking.
- Offer me water when I am thirsty. Caffeinated and/or sugary drinks (i.e. coffee, tea, pop, fruit drinks) are not good for me.

Health

- Remember my 12 month shots. My next ones are at 18 months.
- Brush my teeth twice a day using fluoridated toothpaste. It's time for my first dental visit.
- My molars growing in may make me cranky. Help by rubbing my gums or give me a chilled teething ring/clean wet facecloth. Teething cookies stick to my teeth and can cause cavities.
- Ask the pharmacist or health unit about what types of sunscreen and bug spray are best for me.
- Have my hearing tested if: I am not saying a few words, I do not respond to sounds and/or I have many ear infections.
- Smoke is harmful for my growing lungs and can make me sick.

My Development...

- I talk to you using sounds, actions and words.
- I follow simple directions (i.e. "Bring me your shoes").
- I like many activities but may spend only a short time with each one.
- I hold out my arms and lift my legs to help with dressing.
- I can squat to play. I am learning to walk.
- I stack 2 or more blocks.
- I drop toys into a bowl or box.
- I can crawl upstairs; teach me to crawl down.
- I point to pictures and body parts when asked. I point to show you things that interest me.
- I am learning about my body and may explore my private parts. Use the proper names for all body parts.
- My sleep needs change as I get older (12-14 hrs total).



My Safety...

- Childproof our home. I do not understand danger or remember warnings. Accidents can happen in just one second.
- Keep me away from the fireplace and stove. Lock the dishwasher and secure televisions and bookshelves to prevent accidents.
- I can choke on anything that fits through a toilet paper roll.
- Balloons and plastic bags can block my breathing.
- Strings and cords can wrap around my neck and cut off my breathing.
- Safety straps stop me from climbing out of my high-chair, stroller and shopping cart.
- Use the tether strap to anchor my car seat once I start sitting facing forwards.
- Plants can be poisonous. Keep them out of my reach.
- Hot foods and drinks can burn me.
- Drowning happens fast. Watch me closely.



United Way
Lower Mainland