

EIGHTEEN MONTHS



At eighteen months, your baby may:

- Say 10 words.
- Use 2 or 3 words together.
- Look at pictures and name things.
- Runs, and throws a ball.
- Follow simple instructions.
- Listen to a story.
- Give hugs and kisses.
- Uses a cup and spoon.
- Points to body parts.
- Takes off clothes.
- Imitates others.
- Stacks 4 blocks.

Things to do together:

- Take short family trips – to a zoo, aquarium, or a children’s museum.
- Do simple chores together. Have them put clothes in the laundry basket or put away boxes of cereal or paper towels.
- Encourage make believe. Pretend cooking with pots and pans or use old clothes for dress up.
- Let them explore safe places. Let them try new activities.

What you can do:

- Discuss rules with family members.
- Give them 2 simple choices – “Do you want milk or juice?”
- Brush your child’s teeth.
- Get a potty.
- Do not expect them to share their toys.
- Get non-toxic paint, clay, crayons, and markers for your child.

Anticipatory Guidance (Do’s and Don’ts):

- Fluoride supplement if water not fluoridated. Clean teeth 1-2 times daily.
- Always use car restraint.
- Maintain vigilance to protect child against injury and poisoning.
- Supervise play near street or driveway. Never leave child unsupervised near water (bath, pool, lake, or ocean).
- Never leave child unattended in the car or in the house.
- Firearms need to be locked and bullets not accessible for child.
- Maintain regular bedtime routine, usually one nap per day. May experience night awakenings and night fears.
- Read simple stories to child regularly. Play games. Encourage “pretend play.”
- Allow child to make some choices. Autonomy and independence enhance his/her sense of competence.
- Reinforce self care and self expression. Praise child and show affection for positive behavior.
- Set limits and be consistent. May use time outs.
- Self comforting behaviors (such as thumb sucking, touching themselves, and favorite toy or blanket) are age appropriate ways for handling stress or tension.
- Some children show readiness for toilet training between 18 to 24 months.

Common Concerns – Activities to do with Toddlers

Young children learn by playing. You and your child can:

- Make homemade clay. Mix 3 cups flour, 1 cup salt, 3 tablespoons oil, and about 1 cup of water with your hands. Add food coloring. Add more water until the dough is soft and smooth. After using, keep in a container with a lid in the refrigerator. It will last a few weeks.

- Make giant blocks. You child can color paper grocery bags. Stuff the bags with crumpled newspaper. Fold the opening down to make a box shape. Tape shut.
- Make bubble solution. Mix 4 cups water, ½ cup liquid dish detergent, and a tablespoon of corn syrup.
- Make finger paint. Mix ½ cup cornstarch and 1 cup cold water. Pour into 3 cups of boiling water. Keep boiling water away from your child. Stir until shiny. Do not allow your child to play with the paint until it is cool. Add food coloring. Finger paint on trays or shiny paper.

Feeding:

- All table foods except foods your child can choke on. Feeds self. Uses spoon.
- No bottles. All liquids from a cup now. Food likes and dislikes may vary.
- Child's food requirement is not large.
- Avoid fruitless struggles; mealtime should not be a battle.

At the next visit, your bay should receive their second dose of Hepatitis A Vaccine.

Next Visit: in 6months (age 2 years)

