

# YOUR EIGHTEEN MONTH OLD



## Now and in the next few months, your child will:

- ♥ Still sleep over half of the day
- ♥ Enjoy outings and ask to go
- ♥ Walk alone, even up stairs with a rail
- ♥ Pick up small (raisin size) objects easily
- ♥ Point to pictures, objects and body parts
- ♥ Feed himself with a spoon, with some spilling
- ♥ Understand she is the image in the mirror
- ♥ Hold and drink from a cup, with some spilling
- ♥ Have 5-to 8-word vocabulary that is expanding fast
- ♥ Use "mine" as he starts to learn to about sharing
- ♥ Seek attention from other people besides the family
- ♥ Indicate awareness of bowel movements
- ♥ Try to help and loves praise for helping

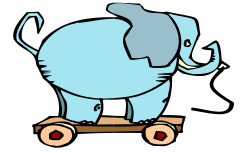


## TOYS OF INTEREST

- ♥ Push or pull toys
- ♥ Picture books
- ♥ Blocks
- ♥ Pencil and paper
- ♥ Play dough
- ♥ Puzzles
- ♥ Bubbles
- ♥ Simple games
- ♥ Play phones, play food, and other things that represent real life

## PARENTING HINTS

- ♥ Her curiosity and energy are an important part of this period. As she explores, she still puts many things she finds into her mouth, so keep watching.
- ♥ Your child is into modeling. Your words, behavior, and expressions are likely to be seen again in his actions. This is wonderful but it is also a big responsibility.
- ♥ Look at your child's "no" as her way of developing independence. Sometimes she doesn't even mean it.
- ♥ This is an age of creativity. You will see it as you watch him in his pretend play which is filled with imagination.
- ♥ Your child is very involved with who she is. She likes to hear she is cute or good. Her sense of self is developing.
- ♥ When you talk to him, he watches and listens. You are teaching him the skill of paying attention. It also increases his language skills and general knowledge.
- ♥ Do not expect her to respond positively to all you ask her to do. Barriers work better than requests and keep you out of a power struggle. If you get too frustrated, a parent group may give you a chance to take a break from parenting.
- ♥ Let your child choose his activities, but be available to assist, encourage, and share the pleasure.
- ♥ She needs you. Television will never be a substitute for an involved parent. She needs the interaction with you.



## Your Eighteen Month Old

is at a time of major change and growth. At times, her behavior may seem unreasonable, which may cause you to overlook the exciting developments of this age. Delight with her as she begins to think using ideas. Enjoy her imaginative play. Watch her become self-sufficient as she experiments with her independence. This is a momentous time in her life and one you can share with her.

**Y**ou are your child's first and most important teacher. From your loving feelings towards him, he learns to like who he is. You are the music in his life.



## FIRST TEACHER DEVELOPMENTAL CARDS

Your child's development varies at different times of his life.

The child who is the first to walk or the first to say "ma-ma"

or first to sleep through the night isn't necessarily the first in everything in life.

Let your child be himself and take his time becoming a unique person.

Your involvement and encouragement are important, but just to help him be himself.

