

your child @TM

18 to 24 months

highlights of what's happening at this stage of your child's development ...

Your child is becoming his own person. Watch him as he starts to walk, run, and climb with ease.



Your child's health

The Well Visit

Your child will get vaccinations at 18 months and will have a well visit again at 24 months.

Let your doctor know if your baby:

- Cannot walk on his own.
- Walks only on his toes.
- Does not speak at least 15 words.
- Does not know how to use common objects like a brush, telephone, fork, or spoon.

Nutrition

By 18 months, your child should:

- Eat most foods cut up into small pieces.
- Be drinking from a cup rather than a bottle.

Sleep

Your child should sleep about 14 hours a day. She may now take only one nap a day, usually from about 1 to 3 pm. She should go to bed between 6 and 8 pm.

Nurturing your child

Behavior

Your child is starting to understand rules and consequences. So, it is time to teach your child the right way to behave.

- Praise good behavior. If you point out the good things your child does, he will want to do more of them.
- Ignore small things.
- Never spank. If you are angry, count to 10 before reacting.
- Limit your use of the word "no."
- Be consistent with your rules.

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Sources: *Your Baby's First Year* and *Caring for Your Baby and Young Child*, American Academy of Pediatrics, Steven P. Shelov, MD, FAAP, editor in chief; *Understanding Children*, Civitas and Richard Saul Wurman; *KidBasics*, Civitas; *Healthy Sleep, Happy Child*, Marc Weissbluth, MD.

Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.

Nurturing your child, continued

Attachment Your child is excited about being independent. But he will not go too far from you. To help your child move away from you:

- Say goodbye when you leave. If you do not say goodbye, he will fear that you may slip out at any time.
- Make sure your child is busy with an activity when you are about to leave.

Language Help your toddler learn. Talk and read with her throughout the day.

- Add to what your child says. If she says “kitty,” you can say, “Yes, the kitty is little and soft.”
- Ask questions about “where,” “what” and “when.” It doesn’t matter if your child can’t speak yet.
- Sing lots of songs and rhymes, such as *Rock-a-Bye Baby*, at bedtime.
- Help your child scribble, draw, or pretend to write.

Play Your child now likes pretend play and doing things for himself. You can help him play along.

- Practice naming objects. Place three familiar objects in front of your child and say, “Please give me the ...”
- Set up play dates. It is time to learn to play with other children. But do not expect your child to share well.



Your child’s safety

Around the House Always put your child’s safety first.

- Block off dangerous rooms and objects. Put gates on stairs. Put latches on cabinets, toilets, and drawers. Cover sharp edges.
- Keep hot liquids out of reach.
- Call poison control right away if you think your child has swallowed poison: 1-800-222-1222.

In the Car By law, your child should be riding in a forward-facing car seat in the back seat of the car.

Born LearningSM is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child’s first teacher, Born Learning educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at www.bornlearning.org.

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