

18 Months

Developmental Milestones

Gross Motor

- Walks fast and well
- Walks backwards
- Runs
- Begins to walk up stairs with a hand held

Language

- Vocabulary expands to 4-10 words
- Starting to combine words to make two-word phrases

Fine Motor-Adaptive

- Dumps contents of container
- Stacks one block on top of another

Personal-Social

- Helps with housework
- Uses a spoon/fork
- Removes clothes
- Pretends to feed a doll or stuffed animal
- Shows affection by kissing
- Will sit for a short periods to look at picture books

Anticipatory Guidance

Safety

- ◆ Always place your toddler in an appropriate car seat, and make sure the seat is appropriately strapped into the vehicle. The AAP currently recommends maintaining your child in a rear facing position until 2 years of age. Remember that car seats should never be placed in the front seat or near an airbag as this can cause serious injury or even death.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your toddler alone on any surface above ground level without the toddler being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around toddlers.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquid within reach of your toddler. You never know when he might reach for it.
- ◆ When your toddler will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Make sure your home is completely childproofed (See childproofing handout).
- ◆ Remember, anchor tall furniture to prevent it from tipping onto your child.
- ◆ Never leave a bottle of milk or juice in the crib with your toddler. It will lead to tooth decay.
- ◆ As your child continues to be mobile and curious, make sure that there are no small objects lying around that he could ingest.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child.

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



18 Months

Anticipatory Guidance

Toddler Care

- ◆ Your toddler should be using a sippy cup or even drinking from a regular cup only at this point.
- ◆ Bedtime routines continue to be important at this age.
- ◆ Continue reading stories. Your toddler will continue to interact with the book, point at the pictures and begin telling you more complex stories.
- ◆ Continue whole milk at this age. Always use whole milk until at least two years of age as your baby needs the fats contained in the milk to help with brain development.
- ◆ Continue brushing your toddler's teeth daily.
- ◆ Your toddler should be actively feeding himself at this age.
- ◆ Avoid foods which pose a choking hazard: peanuts, whole grapes, popcorn, hot dogs, sausage, and hard candy. Remember to cut food into small pieces that your toddler can pick up with two fingers.
- ◆ Always supervise your child when he is eating.
- ◆ Remember to choose healthy meals and snacks for your child.
- ◆ Use distraction as discipline as well as positive reinforcement.
- ◆ By this time, your child should know the meaning of "no" and be following simple rules.
- ◆ Temper tantrums may become an issue. The best response you can have is to ignore his tantrum and leave the room (as long as your child is in a safe environment and not hurting himself).
- ◆ Be assertive with limits, or your child will continue to see what he can get away with.
- ◆ Nightmares may begin at this age. Comfort your child and then tuck him back into his bed.
- ◆ Your child may begin to show interest in toilet training (lets you know when diaper is dirty, takes off diaper, shows interest in the potty, stays dry for several hours at a time). See toilet training handout for more information.
- ◆ Self-exploration of genitalia is completely normal at this age.
- ◆ Begin to teach your child about sharing.

My Growth

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