

# 16 TO 18 MONTHS



My photo  
at 18 months.

## HELP ME BE HEALTHY...

### *At this checkup:*

- I will be weighed and measured.
- I will be checked all over.
- I will show how I walk.
- I will have my teeth checked.
- I will have my eyes and ears checked.
- You may be asked to complete an "Ages and Stages Questionnaire" to help determine if there are any developmental concerns.

*If I have missed any immunizations, I should get them now.*

## PLAY WITH ME. IT HELPS ME LEARN!

- Read to me every day.
- When I point, tell me what I should say. If I point to the cat, say, "It's a cat!" This way I can hear the words that I am trying to say.
- Let me help you. Let me take a spoon to the table or put dirty clothes in with the clothes to be washed.
- Let me play in the bath to learn the skills of pouring and squeezing. I like to use plastic bowls and containers in the tub. Never leave me alone in the tub.
- Remind me again and again what is okay for me to touch and what is not okay for me to touch. I am just learning how things work. I will not remember what I should not touch yet.
- Teach me to take care of my teeth by helping me brush my teeth with a child-sized, soft-bristled toothbrush and water. I am still too young to be using toothpaste.

I will learn things at my own pace. I need your help, though, to give me chances to learn new things. If you have questions about how I am learning and what I am learning, please call my doctor, nurse or contact our tiny-k for a free developmental screening. You can find that number at <http://tiny-k.org/>. If I am going to be in a child care program, visit <http://east.ks.childcareaware.org> and check out the section on choosing high-quality child care on page 31 of this calendar.

## WATCH FOR ME TO...

- Walk by myself! I have good balance. I do not tip from side to side and I hardly ever fall down.
- Help around the house. I can put something on the chair when you ask me. I can get what you ask me to get. I can also put something away if you remind me.
- Drink from a cup or glass by myself, perhaps only spilling part of it.
- Say “no” and shake my head from side to side.
- Roll a ball back and forth with you.
- Say at least three words other than “dada” or “mama.”
- Scribble on paper with crayons. This keeps me busy for a few minutes. Watch me carefully because I might chew on the crayon.

## HELP ME BE SAFE...

**Close the bathroom doors so I do not play in there.**

**I can feed myself, but it is still easy for me to choke on food.** Do not give me small foods like peanuts, popcorn, marshmallows or gum drops. Other foods that are not safe for me to eat are raw carrots and celery, grapes, hot dogs and Vienna sausages. Always watch me while I eat and help me get into the habit of sitting quietly while I eat.

**Now I can climb and get into trouble.** I can push a chair to climb into the cupboards, over the porch railing or to an open window. I do not know what trouble I can get myself into.

**When you take me shopping, strap me into the shopping cart seat.** If there is not a strap, make sure that I stay in the seat.

**Watch me carefully when I am around water.** I like to play in water, but I can easily drown in a few inches of water in a tub, toilet bowl, pail or wading pool.

## HOW I AM GROWING...

My Length: \_\_\_\_\_

My Weight: \_\_\_\_\_

Sleeping Habits: \_\_\_\_\_

New Skills & Talents: \_\_\_\_\_

\_\_\_\_\_

Favorite Things & Activities: \_\_\_\_\_

\_\_\_\_\_

## HELP ME THINK ABOUT WHAT I DO...

When I do something I should not be doing, be sure to tell me and show me what I should do instead. I am still learning and need a lot of help remembering. Read me books about how to handle anger and how to behave, such as “Teeth are Not for Biting” by Elizabeth Verdick, illustrated by Marieka Heinlen (Free Spirit Publishing; 2003).

Catch me being good. Tell me when you see me behaving well and describe it to me. I will like the positive attention and want to do it more often.

For ideas on how to help me behave, join a local parenting class. Contact Child Care Aware® of Eastern Kansas for more information at 785-357-5171, 877-678-2548 toll free or visit <http://east.ks.childcareaware.org>.