

# Begin now... Learn what I can do. I'm now 18 months old!

## Talk

**I am learning new words every day. I like to put two easy words together, such as "oh oh" or "all gone". I can also use familiar gestures, like waving "bye-bye".**

- Pretend to talk to me on the phone or encourage me to call someone.
- Keep reading books with me - I love rhymes and one word page books.
- Point to pictures of familiar objects and tell me what they are. Expand on my words. When I say "Dada go", you can say "Yes, Daddy is going".

## Play

**I like to explore the world, but I need to know you are close by. I can walk, climb stairs and hop.**

- I like simple shapes and puzzles with 2-4 pieces. Take turns with me matching the pieces.
- I like toys I can pull apart and put back together (like large blocks). Talk to me about what we are doing.
- Encourage my walking and hold my hand to go up and down stairs.
- I love to climb, kick or throw a ball and play outdoors. This helps to build my strength and movement skills.



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## Learn

### **I feel safe and secure when I know what is expected of me.**

- You can help me with this by following routines and setting limits. Praise my good behaviour.
- I may cry when you leave me with others, but give me a hug and reassure me that you will be back.
- Use positive discipline. Guide and teach me so that I feel safe and secure.
- Help me to notice familiar sounds, such as birds chirping, car motors, airplanes, dogs barking, sirens or splashing water. Imitate the noise and see if I will imitate you. Encourage me by smiling and laughing.
- Let me practice feeding myself with a spoon and offer me finger foods. I should now be eating a wide variety of foods and textures. I can hold a cup to drink.
- Let me scribble with crayons and paper or chalk on a chalk board. This will help me to draw and print when I am older.

**Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.**



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Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/health](http://durham.ca/health)



If you require this information in an accessible format, contact 1-800-841-2729.

