

**Support my Growth and
Development from the Start**
every moment matters!



Colouring Book

Let's Grow Together!

Every child grows at a unique pace and your child's development may be slower or faster than that of other children. The important thing to focus on is that they are making progress.

18 months is a milestone in your child's development, and the last regular check-up before your child starts school.

It is important to plan a visit to a family doctor or other health care provider and take the time you need to:

- Ask questions about your child's physical, emotional, and social development.
- Learn about community supports and services.
- Get a regular check-up.
- Ensure your child's immunizations are up to date.

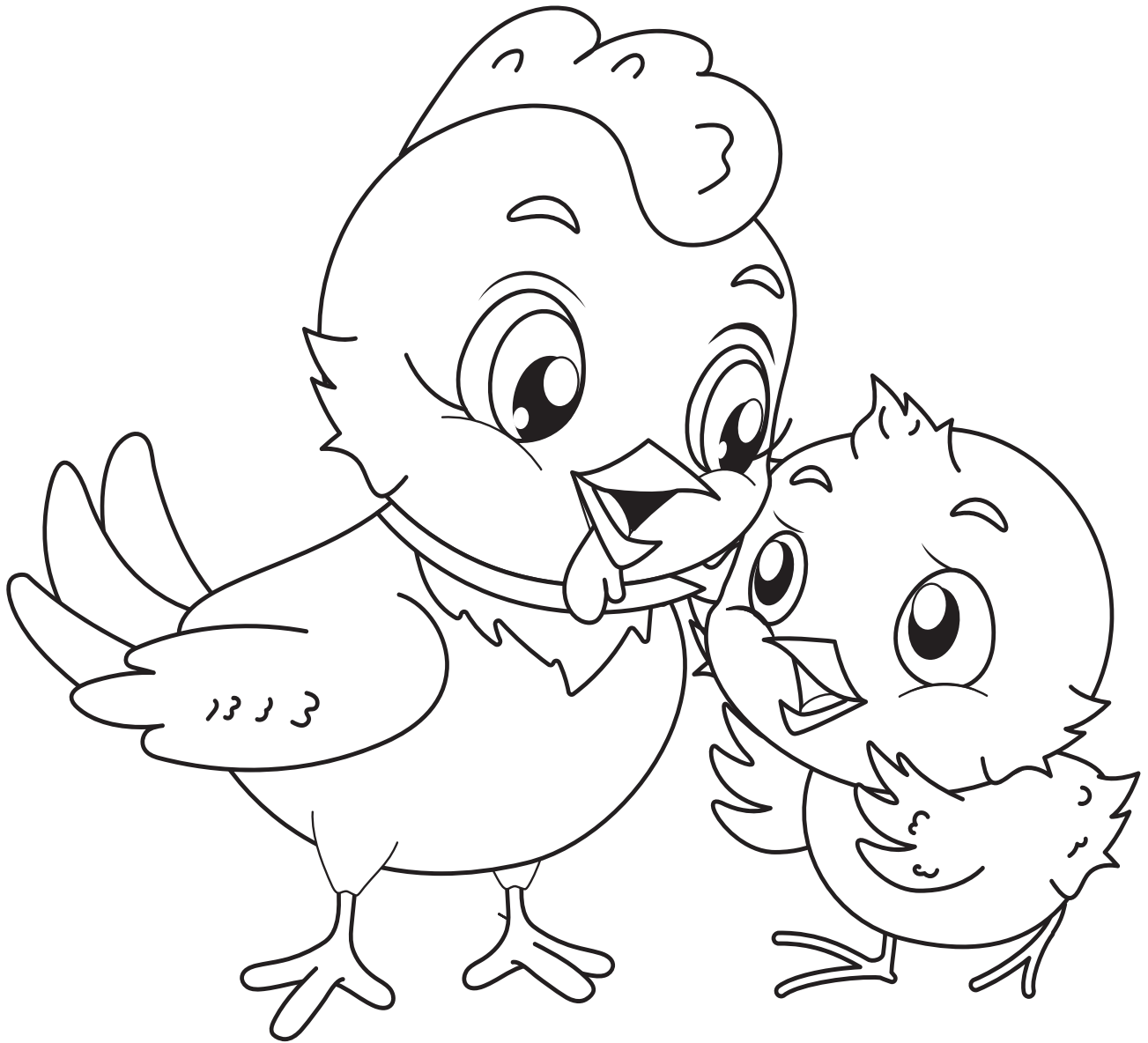
In this colouring book, you will find practical examples of activities an 18 month old should be able to do.

If you have questions about your child's development speak to your health care provider, or call Durham Health Connection Line at: 905-668-2020 or 1-800-841-2729
durham.ca/health
Dial 311 (within regional limits)

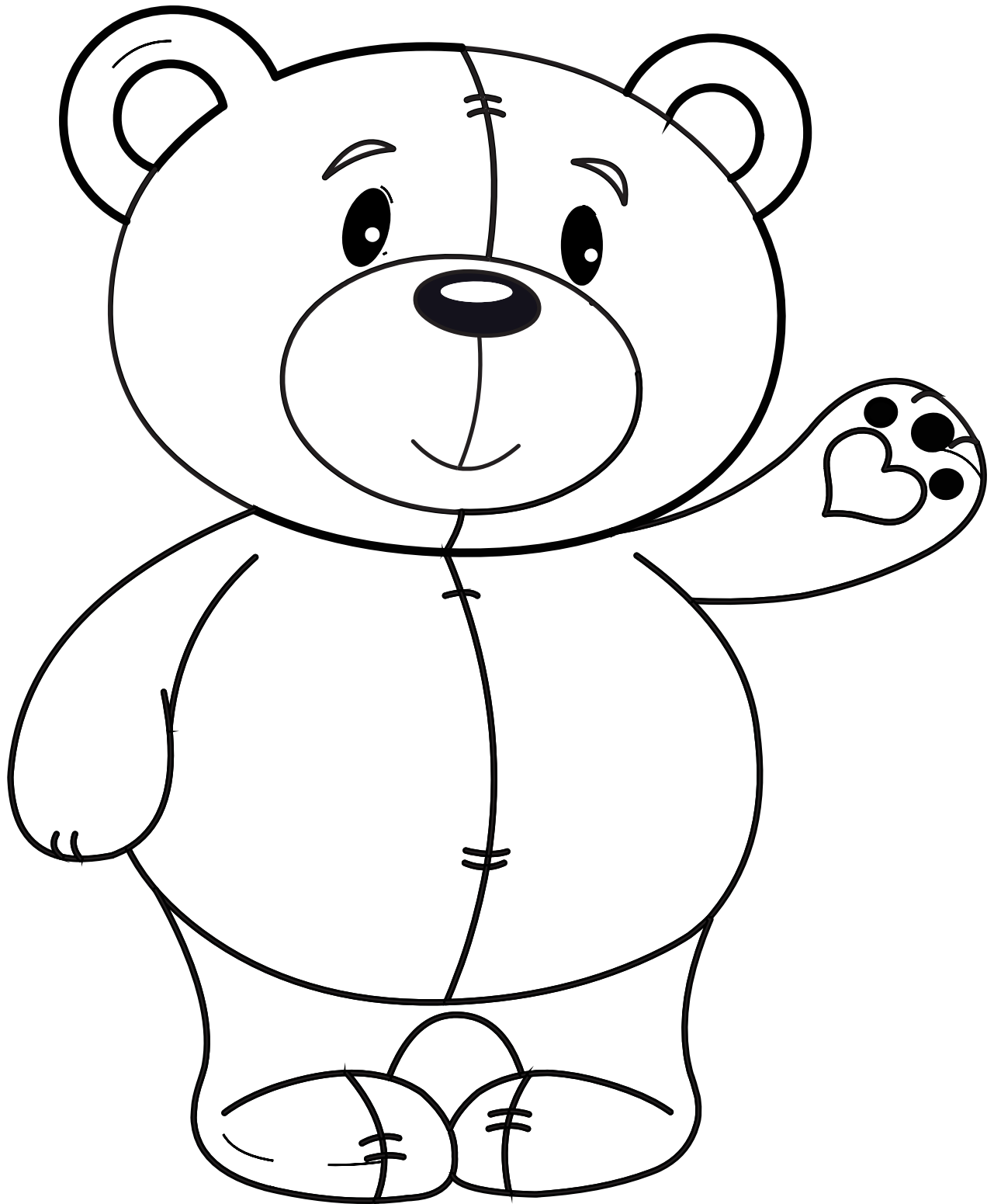




Am I walking all by myself?



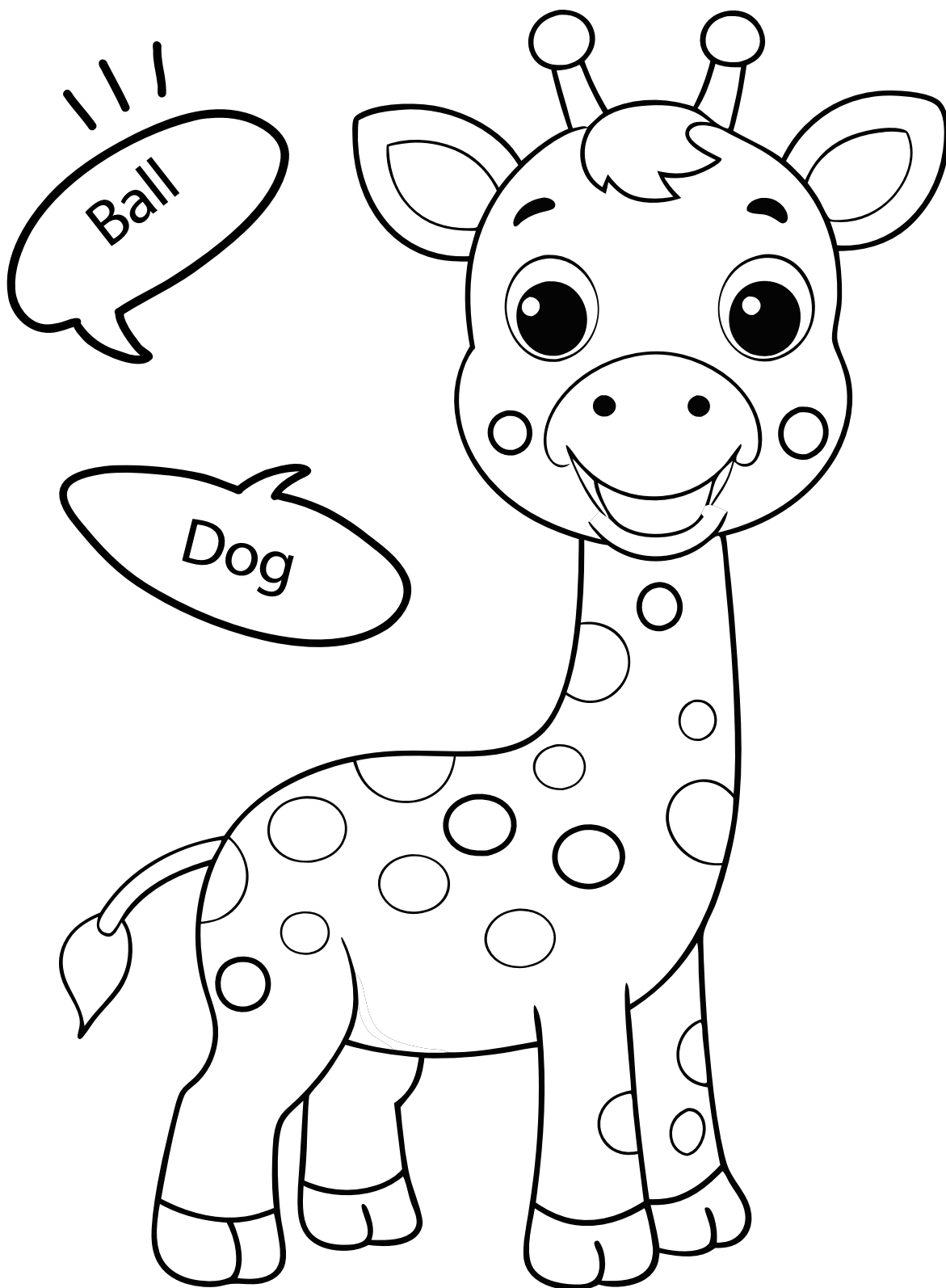
When we talk or play together, do I look at you?



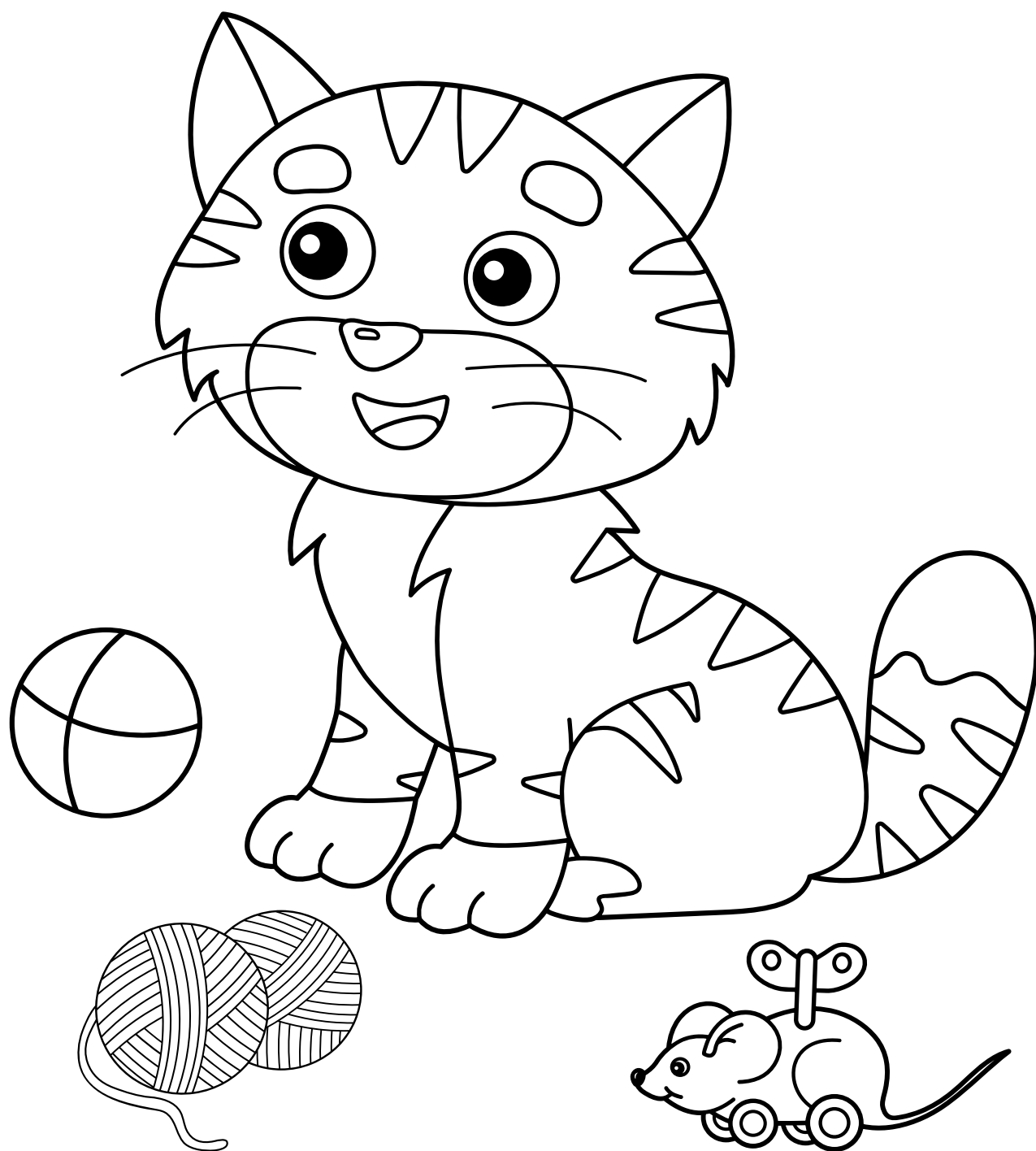
Ask me to point to at least 3 body parts. Can I do it ?



I like storytime. Can I identify pictures in a book?



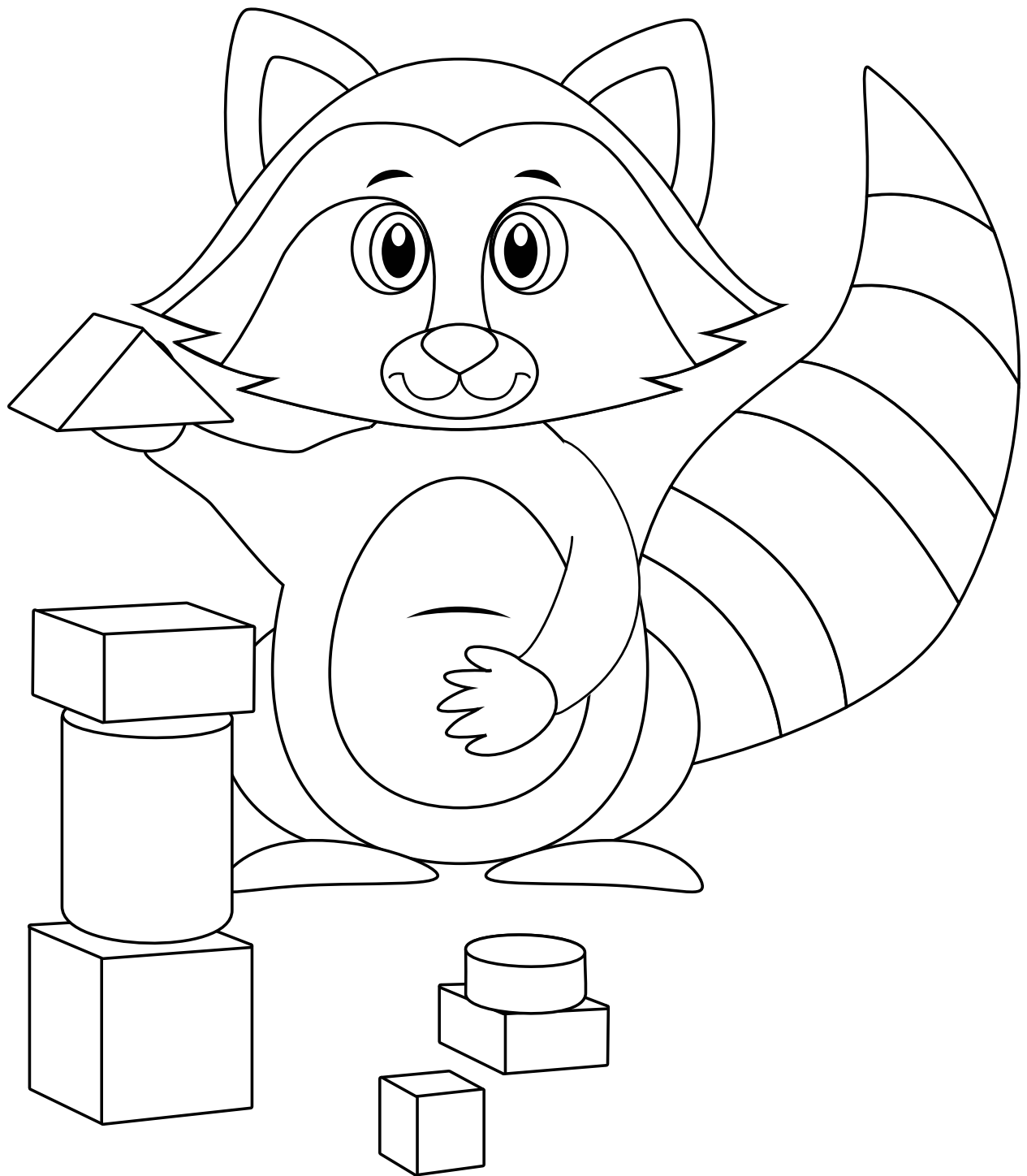
How many words can I say?
I should be able to say at least 20.



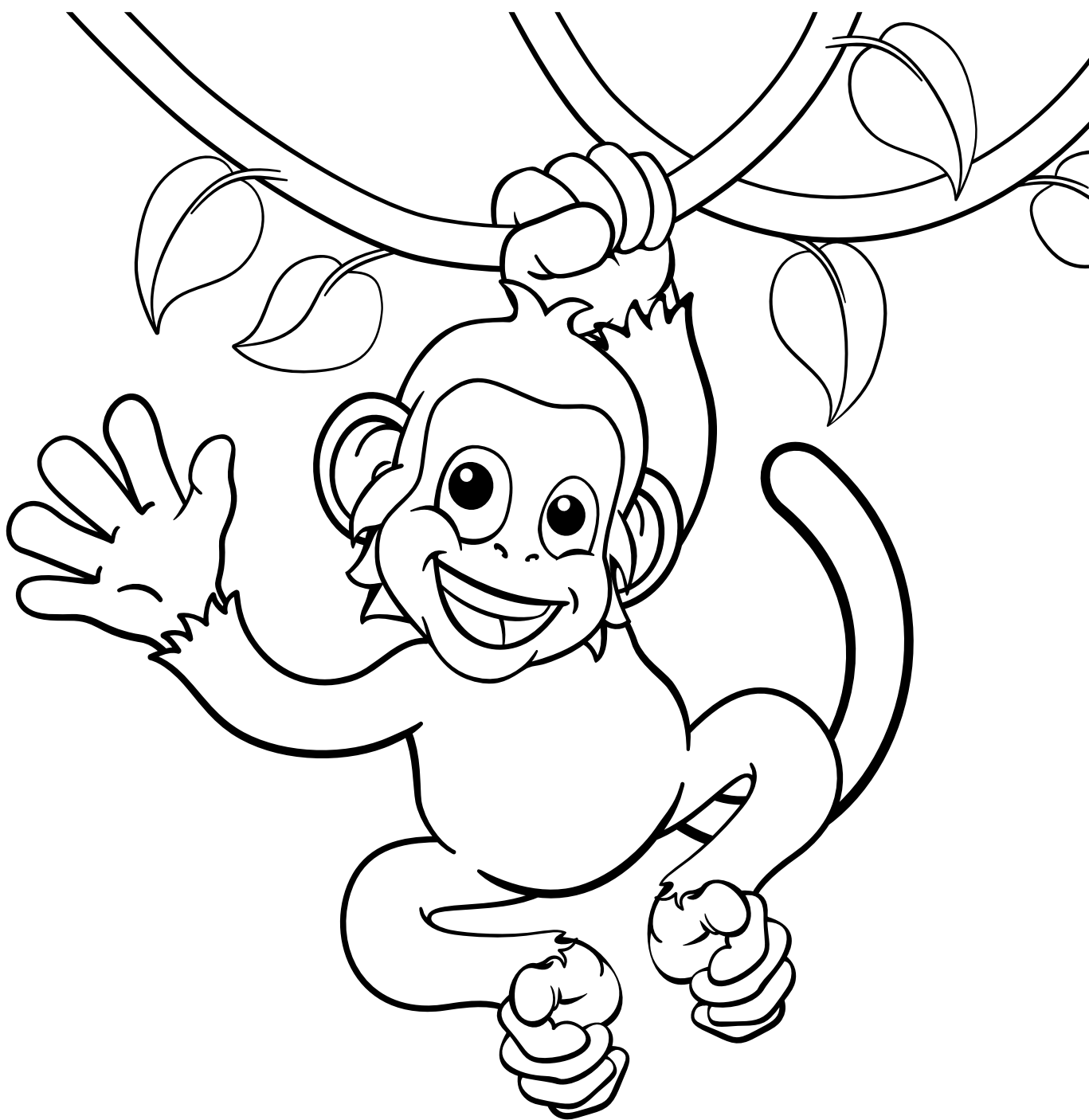
Have you seen me play pretend with my toys?



I should be able to hold, bite, chew crackers or other crunchy foods.



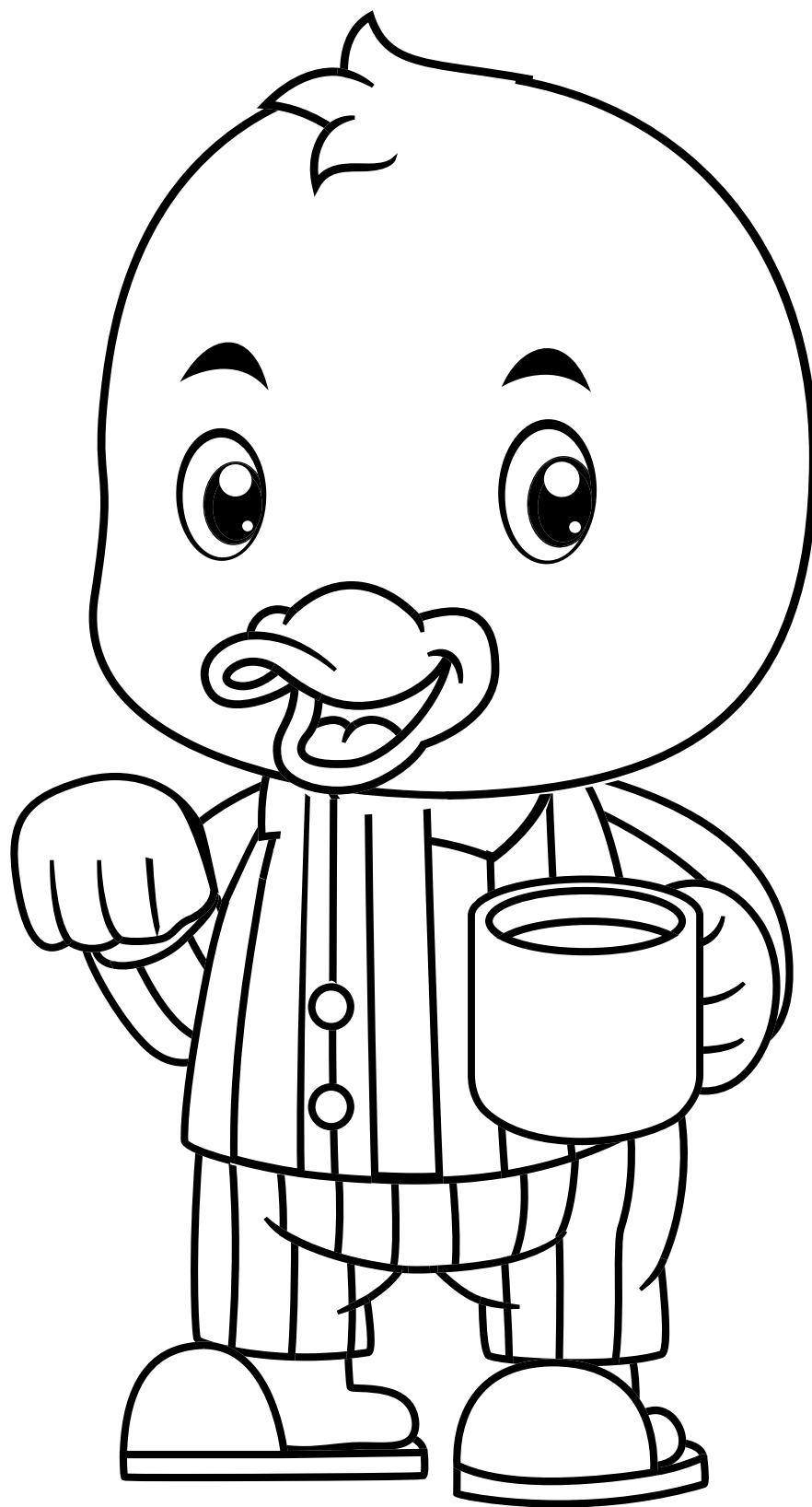
I should be able to stack three or more blocks.



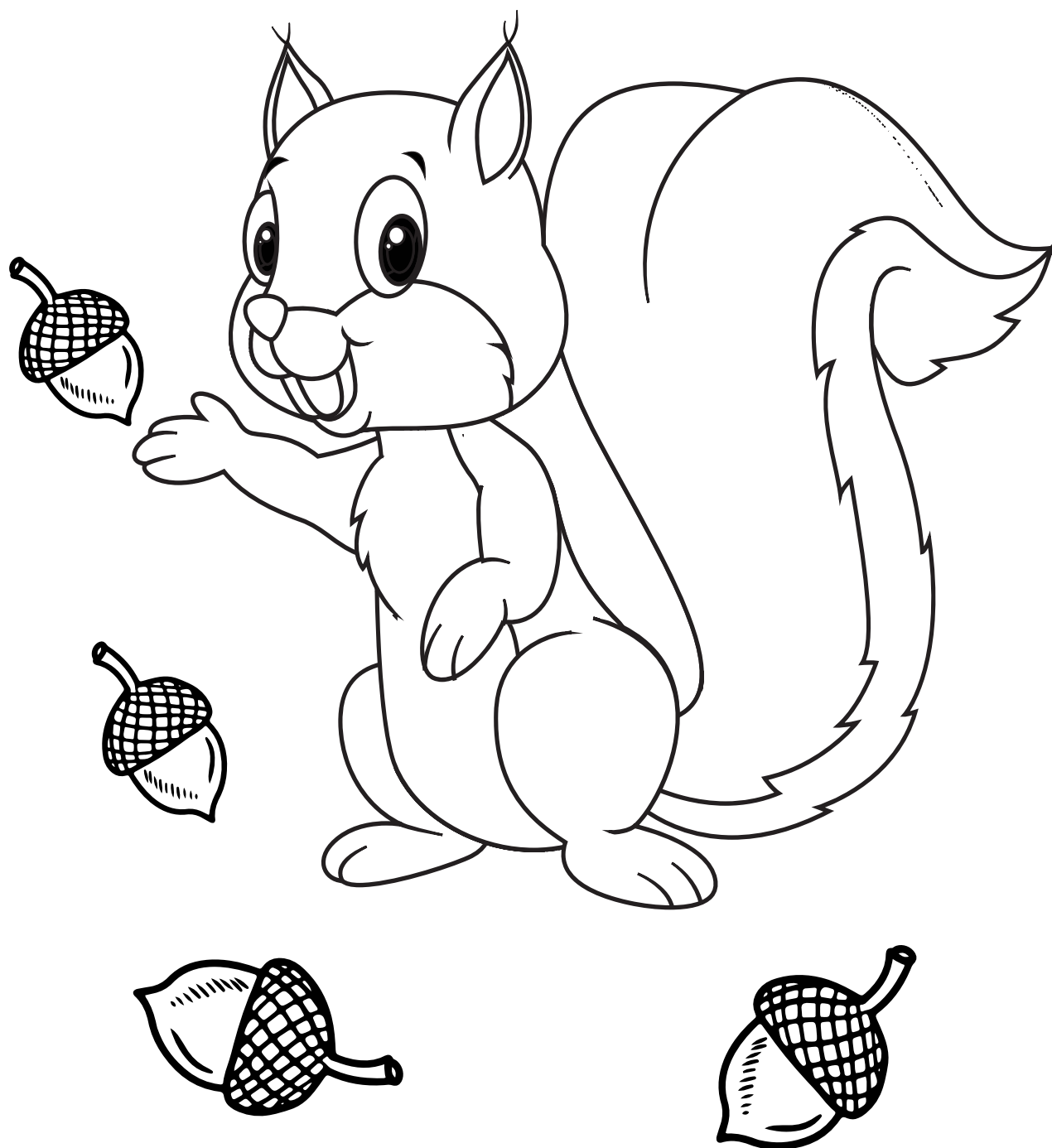
Am I using some common gestures like waving?



Do I act in a loving manner towards people,
pets or toys?



I should be able to hold a cup to drink.



Do I point to show you something?

Early Action Shapes my future - *let's grow together!*

Right from birth, the way you parent your child is important.

At each developmental stage, serve-and-return interactions promote a child's growth and development. By providing positive feedback with eye contact, sound, words, and physical interaction (returns) to your child's verbal cues and actions (serves), you help spark your child's interest and enthusiasm in practicing things like speech, language and social learning.

Support your child's growth with positive parenting!





HEALTH
DEPARTMENT

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

Nov. 2025