

# Begin now... Learn what I can do. I'm now 15 months old!

## Talk

**I still babble but now I can say at least two or more words clearly. Use real words when you talk to me, not "baby talk".**

- Point to my body parts and name them when dressing or bathing me. Play the game 'Head and Shoulders, Knees and Toes'.
- I use sounds and gestures to let you know what I want.
- Read to me daily, especially rhymes - use different tones of voice and sound effects.
- Count to three with me.

## Play

**I am getting better at walking, balancing and using my hands. I can pick up small objects. Be sure the house is safe for me.**

- I like to play with a ball or stack blocks.
- Let me scribble with large crayons to help me with my hand movements.
- Let me throw bean bags into a box.
- Help me improve my strength and balance by letting me push a box of toys or a full laundry basket.
- I can try to turn the pages of a vinyl or cloth book.
- Hold my hand to help me climb the stairs.
- I love to play with pots and pans.
- I don't know how to share yet and may not want to give up my things.



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## Learn

**I can now make simple choices and understand simple requests. I learn a lot by being exposed to different sounds, smells, textures and tastes. I feel safer and more secure if we have a daily routine. I need reassurance that you are nearby.**

- Give "comfort" to my dolls or stuffed animals to show me how to be caring.
- Let me choose what toy to play with.
- Give me finger foods, so I can feed myself.
- Include me in your mealtimes, as I like to eat with you.
- It's okay to let me make a mess when I'm eating or doing simple crafts.
- Help me to express my feelings, such as anger or frustration in appropriate ways, as I don't have the words yet.
- I can understand how objects are used. Give me a broom and I will sweep the floor; hand me a brush and I will brush my hair.
- I like role play. You pretend to be a dog, and I will be a cat. We can bark and meow at each other and have a laugh.

**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.**



DURHAM  
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DEPARTMENT  
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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.

