

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.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health

Dial 311 (within regional limits)



Oct. 2025

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

