

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 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.

