

Babies develop at their own pace. This sheet is a guide to help you know what you might expect from your baby at 12 to 18 months of age. If you are concerned about your baby's development, please talk with your doctor.

What should my baby be learning?	What can I do to help my child?
<p><b>Gross motor skills: Big body movements</b></p> <p>By 15 months:</p> <ul style="list-style-type: none"> <li>• Stand without help for 10 seconds or longer.</li> <li>• Walk a short distance without help.</li> <li>• Squat and stand back up without help.</li> <li>• Push toys while walking.</li> </ul> <p>By 18 months:</p> <ul style="list-style-type: none"> <li>• Carry a large toy while walking.</li> <li>• Walk backwards and sideways.</li> <li>• Climb onto low furniture. Crawl up stairs.</li> <li>• Walk on stairs with help, putting both feet on each step.</li> </ul> <p><b>Fine motor skills: Play and self help</b></p> <p>By 12 months:</p> <ul style="list-style-type: none"> <li>• Put blocks into a container.</li> <li>• Take rings off a ring stacker.</li> <li>• Turn pages of a book.</li> <li>• Scribble with a crayon.</li> <li>• Stack 2 or 3 larger blocks.</li> <li>• Dump contents from a container.</li> <li>• Pick up small items by finger tips.</li> <li>• Point to objects with index finger.</li> <li>• Pat pictures in book.</li> <li>• Match 2 held objects, one in each hand.</li> </ul> <p>By 18 months:</p> <ul style="list-style-type: none"> <li>• Hold an object with 1 hand and move it around with other hand.</li> <li>• Put pegs in and take them out of a peg board.</li> </ul>	<p><b>Gross motor skills</b></p> <ul style="list-style-type: none"> <li>• Have your child push and pull a large toy or a laundry basket full of items.</li> <li>• Sit 3 feet apart and roll a ball back and forth.</li> <li>• Let your child play with toys while standing at a low table.</li> <li>• Play outdoors. Have your child walk, run, squat and climb. Watch closely to keep your child safe.</li> </ul> <p><b>Fine motor skills</b></p> <ul style="list-style-type: none"> <li>• Practice stacking.</li> <li>• Put items in to, and take items out of a container.</li> <li>• Offer finger food in safe, bite-sized pieces.</li> <li>• Play with shape sorters.</li> <li>• Provide finger feeding attempts at all meals. Offer a variety of foods.</li> <li>• Change over to all Sippy cup. Stop using a bottle.</li> <li>• Use sticky-type foods with a spoon to help your child get the food to their mouth.</li> </ul>

What should my baby be learning?	What can I do to help my child?
<ul style="list-style-type: none"> <li>Put a circle shape in shape sorter.</li> </ul> <p><b>Language and social development</b></p> <ul style="list-style-type: none"> <li>Make needs and wants known by pointing and using gestures.</li> <li>Start to identify body parts.</li> <li>Play simple turn-taking games such as rolling a ball back and forth.</li> <li>Pretend play with real objects such as talking with phone.</li> <li>Imitate adults in common activities such as housework.</li> <li>Start to use and copy sounds and easy words.</li> <li>Start to identify body parts and common objects at home like cup, shoe and ball.</li> <li>Start to look and find pictures in books.</li> <li>Follow simple directions in home routines.</li> </ul> <p><b>Sensory processing: Understanding sights, sounds, tastes, touch, smell and body movement</b></p> <ul style="list-style-type: none"> <li>Follow nursery rhymes with hand and body movement</li> <li>Play with textures. Include water play, sand box, dried noodles/beans, play-doh®</li> <li>Explore food with hands</li> <li>Push or pull heavy objects</li> <li>Does not like dirty diaper</li> </ul>	<p><b>Language and social development</b></p> <ul style="list-style-type: none"> <li>Talk to your child.</li> <li>Name items. Explain what you are doing in simple one or two word phrases. Say things such as “Hat on, Throw ball, Want milk.”</li> <li>Read books to your child</li> <li>Find and point to pictures, name items in books.</li> <li>Provide chances to follow simple directions.</li> <li>Copy sounds in play.</li> <li>Encourage play at playgrounds and in sandboxes.</li> </ul> <p><b>Sensory processing</b></p> <ul style="list-style-type: none"> <li>Have your child play with different textured toys and objects.</li> <li>Let your child explore foods. This may be messy!</li> <li>Offer child-sized grocery carts or child-size strollers to push.</li> <li>Explore music and noise making toys.</li> </ul>

**Toys for Children from 12-18 Months of Age**

- Cause and effect toys
- Shape sorter
- Large crayons and paper for scribbling
- Play-doh®
- Weighted laundry basket or other push-toys
- Simple puzzles with only a few pieces
- Dolls, trucks, Duplo® blocks

**ALERT:** Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**