

Your Baby at 18 Months

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for an 18-month-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your baby's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your baby gets the support that they need to grow and thrive.



Growth and Movement Milestones

- Crawls very well
- Stands alone and sits
- Walks without help
- Rolls ball back and forth
- Likes opening and closing doors
- Likes to push, pull, and dump things
- Like to poke, squeeze, twist
- Likes to carry things when walking
- Waves bye-bye and claps
- Turns pages in a book
- Stacks 2 blocks
- Scribbles
- Pulls off socks, mittens, hats
- Likes to hold spoon when eating
- Drinks from a cup without help
- Feeds self with fingers



Cognitive and Language Milestones

- Identifies objects in a book
- Looks at person talking to them
- Plays peek-a-boo
- Looks for objects that roll out of sight
- Follows one step directions
- Likes to take things apart
- Copies chores like vacuuming or dusting
- Pushes arms into shirt when dressing
- Lifts leg when putting on pants
- Asks for things with single words
- Says "Hi" or "Bye" when prompted
- Says 8-20 words
- Uses expressions like "Uh-Oh"



Social and Emotional Milestones

- Likes to hand objects to others
- Enjoys being held and read to
- Plays alone with toys
- Enjoys applause
- Looks at books with you
- Recognizes self in mirror
- Likes to poke, squeeze, twist
- Imitates others
- Starts to do tantrums
- Likes to have choices
- Walks away but looks to see you are close



All for Kids Home Health



Activities & Toys for your 18-Month-Old

At this age, toddlers are developing rapidly, both physically and cognitively. Toddlers learn from watching you, and pretend play is an important way to learn. Language is developing rapidly too, so conversation is essential. Here are a few activity and toy recommendations for this age group:

Activities:

- Use positive words and give more attention to behaviors that you want to see. For example, "Great job picking up your toys."
- Start talking about feelings. Make sad faces and happy faces. Teach empathy and demonstrate positive responses. "Is your teddy bear sad? Let's give him a hug."
- Encourage and model pretend play. Have a tea party or pretend to feed the teddy bear or doll. Children at this age love to "feed" mom and dad. Playhouses or play kitchens are great to encourage pretend play. Put plastic food in the toy refrigerator.
- Give your child as many choices as possible but keep the choices simple. For example, "Do you want milk or water?", or "Do you want the red shirt or the green shirt?".
- Transition to a sippy cup or a cup with a lid. Let your child practice using a spoon. Play activities with a spoon can help improve motor skills. For example, have your child scoop rice or beans from one container to another.
- Encourage language development by asking simple questions. For example, "What is that? Yes, that is a car."
- Start teaching body parts by pointing them out and saying things like "Here is your nose. Where is my nose?"
- Encourage your child to help with dressing. Let them do as much as they can by themselves.
- Tantrums are common at this age. Try saying things like, "It looks like you need some time to calm down. When you are done, we can try again". Give plenty of chances to reduce tantrums.

Toys:

- Nesting cups
- Bath toys
- Large plastic blocks, balls
- Dolls, teddy bears
- Pushcart to walk behind
- Push toys like cars and trucks
- Plastic food
- Plastic tea party set