

WHAT I CAN DO...

- Say several single words (1-3 words by 15 months, 10-15 words by 18 months)
- Use my voice along with pointing or gesturing to let you know what I want
- Attempt to sing along to favorite songs
- Hand toys back to you
- Begin to complete puzzles
- Bring an item from another room on request
- Understand more words and phrases and short commands like “give me a kiss” or “come here”
- Engage in simple pretend play like feeding a doll
- Have a tantrum because I get frustrated easily
- Help undress myself by taking off my hat or socks
- Bring a spoon to my mouth with food; I will still spill some of the food off of the spoon
- Eat the same foods as you at mealtimes
- Let you know when I have a soiled diaper
- Walk independently
- Crawl and then walk up and down stairs holding a rail

12 - 18 MONTHS

(1 - 1½ YEARS)

HOW YOU CAN HELP ME...

- Provide a safe, predictable environment for me so I can feel secure
- Ask for behaviors you want: say “time to sit” rather than “don’t stand in your highchair”
- Focus on my good behaviors
- Distract me with another activity when I am upset rather than use a lot of words to talk to me
- Ignore temper tantrums when you can, but always keep me and others safe
- Repeat words or sounds I make
- Label body parts and items throughout the day
- Encourage pretend play (use dolls, play telephones, etc.)
- I should not watch TV; play with me instead
- Remind me not to hit or bite others
- Teach me basic hygiene skills – brushing teeth, washing hands
- Give me drinks in a sippy or open cup; I do not need my bottle anymore
- Give me a new food along with a favorite food; give it to me with 10-15 meals before you decide that I do not like it

WHEN TO TALK TO MY DOCTOR...

- I only crawl and do not walk by myself
- I do not use any true words or have said the same words for 1 month without using any new words
- I do not use any gestures like pointing or waving
- I do not know what to do with familiar objects or toys
- I do not notice or care when a familiar caregiver leaves or returns