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18 months

Your child's wellbeing always remains top priority in our office. We are here to support and answer your questions as your child grows. We specialize in using the most recent findings in development to treat children and fortunately, we live in an area where the latest innovations and the most advanced treatments are available. Please call us anytime with your concerns, or use our patient portal to contact us online.

This is a guideline for developmental milestones for your child. Please ask us at your appointment if you feel your child is falling behind. Remember, children develop at different rates, and this is only a guideline.

PHYSICAL AND MOTOR SKILL MARKERS

The typical 18 month old:

- Has a closed soft spot on the front of the head (anterior fontanel)
- Is growing at a slower rate and has less of an appetite compared to months before
- Is able to control the muscles used to urinate and have bowel movements (sphincter muscles), but may not be ready to use the toilet
- Runs with a lack of coordination and falls often
- Is able to get onto small chairs without help
- Walks up stairs while holding on with one hand
- Can build a tower of two to four blocks
- Can use a spoon and cup with help to feed himself
- Imitates scribbling
- Can turn two or three pages of a book at a time

SENSORY AND COGNITIVE MARKERS

The typical 18 month old:

- Shows affection
- Listens to a story or looks at pictures
- Can say 10 or more words when asked
- Identifies one or more parts of the body
- Understands and is able to point to and identify common objects
- Often imitates
- Is able to take off some clothing items, such as gloves, hats, and socks
- Begins to feel a sense of ownership, identifying people and objects by saying "my"

PLAY RECOMMENDATIONS

- Encourage and provide the necessary space for physical activity
- Provide safe copies of adult tools and equipment for the child to play with
- Allow the child to help around the house and participate in the family's daily responsibilities
- Encourage play that involves building and creativity
- Read to the child
- Encourage play dates with children of the same age
- Avoid television time before age 2
- Play simple games together, such as puzzles and shape sorting

Please see the following website for a schedule of suggested vaccines:

<http://www.cdc.gov/vaccines/spec-grps/infants/downloads/parent-ver-sch-0-6yrs.pdf>