

AGES & STAGES

12–18 months



The second year is a delightful time for parents and children. Your baby is developing a personality and rewards your time together with laughter, funny faces, and affectionate hugs. First steps and first words are exciting family events.

12–18 MONTHS

Growing and Moving

WEIGHT: 17-30 pounds

HEIGHT: 27-35 inches

- crawls well
- stands alone, sits down
- gestures or points to indicate wants
- likes to push, pull, and dump things
- pulls off hat, socks, and mittens
- turns pages in a book
- stacks 2 blocks
- likes to poke, twist, and squeeze
- enjoys flushing toilets and closing doors
- enjoys carrying small objects while walking, often one in each hand
- holds crayon and scribbles, but with little control
- waves bye-bye and claps hands
- walks without help
- enjoys holding spoon when eating, but experiences difficulty in getting spoon into mouth
- rolls a ball to adult on request

Thinking, Learning, and Talking

- says 8-20 words you can understand
- looks at person talking to him or her
- says "Hi!" or "Bye!" if reminded
- uses expressions like "Oh-oh!"
- asks for something by pointing or using one word
- identifies object in a book
- plays peek-a-boo
- looks for objects that are hidden or out of sight
- understands and follows simple one-step directions
- likes to take things apart



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TOYS



Toys

- nesting cups
- large wooden spoon
- bath toys
- large, soft, huggable dolls
- teddy bear
- large plastic blocks
- soft balls of different sizes
- push cart
- large truck or car to push
- fabric swatches of different textures

Feeling and Relating

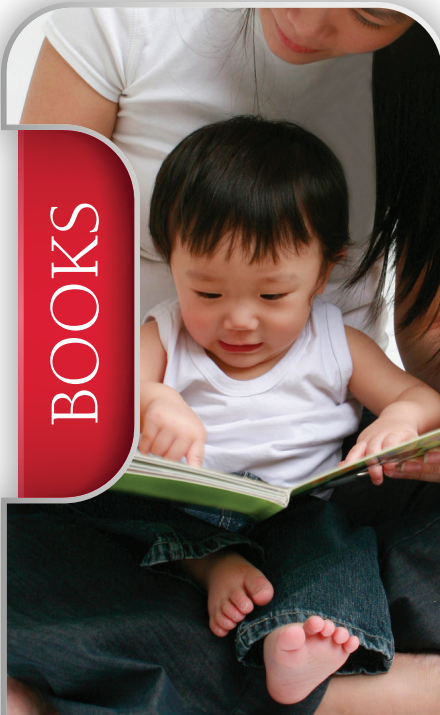
- becomes upset when separated from parent
- likes to hand objects to others
- plays alone on floor with toys
- recognizes self in mirror or pictures
- enjoys being held and read to
- imitates others especially by coughing, sneezing, or making animal sounds
- enjoys an audience and applause

LET'S TALK!

Ideas to help children build communication skills

Talk about everyday items and tasks. Talk out loud and often. Describe what you are doing. Discuss what you are thinking. Babies can't talk or fully understand yet, but they are learning a lot about their world by watching and listening to you. They need to hear you talk to learn how language works.





Books for Children

Baby! Talk!
Penny Gentieu

Barnyard Dance
Sandra Boynton

Carry Me, (Babies Everywhere)
Star Bright Books

Families, (Babies Everywhere)
Star Bright Books

Little Blue Truck
Alice Schertle and Jill McElmurry

The Babies and Doggies Book
John Schindel and Molly Woodward

Ten Tiny Babies
Karen Katz

Where is Spot? (lift the flap)
Eric Hill

Who says Quack?
Jerry Smath

IDEAS FOR GROWTH AND DEVELOPMENT

- Enjoy some “floor time” with your child each day. Crawl around together, play peek-a-boo behind the sofa, or roll a ball back and forth. Your child will love having you down on his or her level.
- Review your baby proofing. Your child’s increasing growth and mobility makes it possible to reach unsafe heights and play with dangerous materials. Get down on your knees in each room and look at things from your child’s perspective. Put toxic items like paint, dish washing detergent, medicine, and make-up in high cupboards, preferably with a safety cabinet latch.
- Put together a box of items that are fun to feel, poke, and squeeze. You might include plastic margarine tubs, an old sock, tissue paper to crumple, measuring cups of different sizes, a turkey baster, fabric swatches, an egg carton, and paper cups. Choose items larger than a half-dollar to avoid choking hazards.
- Relax and have fun dancing to music with your child.
- Use everyday routines to point to some body parts and say them with your baby. Nose, ears, arms, legs, tummy, toes....
- Talk frequently to your child to increase his or her language skills and encourage cooperation. You can make dressing time more fun by pointing to and identifying body parts and clothes. For instance, “See this pretty red shirt? The shirt goes over your head. Your arms go into the sleeves. What shall we put on your legs?”
- Around 18 months your child may begin clinging and become anxious about being separated from you. If possible, reduce separations and be sure that your child is cared for by someone familiar.

A Word on Development

Every child is unique. Each child’s learning and growth rates may differ slightly from other children the same age. If, however, you notice a child is unable to do many of the skills listed for his or her age group, you may wish to talk with a health professional. In Iowa, you may request a free evaluation and assessment from **Early ACCESS** at 1-888-425-4371. www.iafamilysupportnetwork.org/early-access-iowa

If your child has special needs, early help can make a difference.

Resources

Iowa State University Extension and Outreach

- Human Sciences www.extension.iastate.edu/humansciences
- Extension Store store.extension.iastate.edu

Search “Ages and Stages” for information about specific development milestones.

The developmental information provided in this bulletin has been combined from a variety of professional resources to help you understand your child’s overall growth. It is not a standardized measurement tool.

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Ages & Stages 12-18 Months is available online at: store.extension.iastate.edu/Product/5021.

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