

As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

If you have concerns...

Every baby grows at his or her own pace. **However loss of any language or social skill at any age is reason for concern.** In addition, ask yourself these questions about your baby:

- By 12 months, is my baby babbling? Is he or she pointing or making other hand gestures to let me know what he or she wants?
- By age 16 months, does my baby use a few single words?

If you answered no to either of these questions, talk with your child's doctor or nurse. You can also call the Family Health Hotline at 1-800-322-2588, or 711 (tty relay) for the name of a Family Resources Coordinator (FRC) in your area. An FRC can help arrange for a free developmental screening and further services, if needed. You do not need a referral from your doctor to be connected with an FRC.

More information is available at the Infant Toddler Early Intervention Program web site: www.dshs.wa.gov/iteip

Family Health Hotline
1.800.322.2588
711 (tty relay) • withinreachwa.org

a program of

WithinReach

 Washington State
Department of Social
& Health Services

Infant Toddler
Early Intervention
Program (ITEIP)


Please Ask
Babies Can't Wait

CHILD

PROFILE

www.childprofile.org

Watch & Help Me GROW

12 - 18 Months



Available in other formats upon request.

Call the number above.

325-0069E Rev 5/08

Developmental Milestones

Doing everyday things will help your baby develop...

Between the ages of **12 and 18 months**, your baby should be doing most of these things.

? MOVING

Does your baby:

- walk without help?
- pick up small objects (raisin-sized)?
- fill containers and dump them out?
- put one thing on top of another?
- feed himself with a spoon?
- hold and drink from a cup (with some spilling)?

? UNDERSTANDING

Does your baby:

- understand spoken directions?
- point to things when you name them?
- say two or three words other than “mama” or “dada”?
- ask for things using words?
- wave bye-bye?

? SEEING

Does your baby:

- use both eyes equally to look at things?
- look at things without squinting, crossing eyes or turning her head unnaturally?
- hold objects at a normal distance (6-12”)?
- have clear eyes, not red or watery?
- notice shadows, colors or different textures?
- walk without bumping into things, as if he cannot see them?
- make eye contact (look into your eyes)?

? HEARING

Does your baby:

- imitate sounds?
- respond to his name?
- use a voice that is not too loud or soft?
- hear sounds around him at normal volume - not only loud sounds?

you can Play

- Offer your baby safe household items to play with, such as small pots, pans, measuring cups or spoons.
- Play body and word games like “Pat-a-cake,” “This Little Piggy.”
- Play at filling and dumping things.
- Play music and dance with your child.

you can Read

- Read together every day.
- Point out things in picture books and name them.
- Read favorite books over and over.

you can Talk

- Say what you see throughout the day and let him repeat your words.
- Tell your baby what you are doing and why. Name body parts and everyday objects, over and over.

you can Listen

- Be patient while your baby is learning to talk. Listen closely and do your best to understand.
- Add to his words. For example, when he points at a ball and says “Ba” you can respond with “Yes, that’s a red ball. Do you want to play with the ball?”

you can Respect

- Offer real choices between two good options. For example, “Do you want an apple or an orange?”
- Praise your baby for trying new things.
- Let your baby do the things she can do safely: choose clothes, pick up toys.
- When your child gets sad or upset, talk with him about his feelings.

If you have concerns about your baby’s development, help is available.
See the back of this brochure for information on who to contact.