

## I am 18 months old

### **My development - *Learn the Signs. Act Early.***

(what most children do at this age)

#### **Social/Emotional Milestones**

- Moves away from you, but looks to make sure you are close by
- Points to show you something interesting
- Puts hands out for you to wash them
- Looks at a few pages in a book with you
- Helps you dress them by pushing arm through sleeve or lifting up foot

#### **Language/Communication Milestones**

- Tries to say three or more words besides “mama” or “dada”
- Follows one-step directions without any gestures, like giving you the toy when you say, “Give it to me”

#### **Cognitive Milestones (learning, thinking, problem-solving)**

- Copies you doing chores, like sweeping with a broom
- Plays with toys in a simple way, like pushing a toy car

#### **Movement/Physical Development Milestones**

- Walks without holding on to anyone or anything
- Scribbles
- Drinks from a cup without a lid and may spill sometimes
- Feeds themselves with their fingers
- Tries to use a spoon
- Climbs on and off a couch or chair without help

## ***Act Early*** by talking to your child's doctor or child and family health nurse if your child:

- doesn't point to show things to others
- can't walk
- doesn't know what familiar things are for
- doesn't copy others
- doesn't gain new words
- doesn't have at least six words
- doesn't notice or mind when a caregiver leaves or returns
- loses skills they/them once had.

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For more ideas on spending time with me go to *Love, talk, sing, read, play* [www.lovetalksingreadplay.com.au](http://www.lovetalksingreadplay.com.au). A resource provided by Resourcing Parents.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early.* Program ([www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly); February 2022).

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For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>

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