

## 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

## Other important things to share with your Child and Family Health Nurse or GP

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
- Has your child lost any skills they once had?
- Does your child have any healthcare needs or were they born prematurely?

**You know your child best.** Don't wait. If your child is not meeting one or more milestones, has lost skills they once had, or you have other concerns, act early. Talk with your Child and Family Health nurse or GP, share your concerns, and ask about developmental screening.

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Download the Love, Talk, Sing, Read, Play app for ideas to spending time with your child. Available on Android and iPhone.

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).

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

## Additional questions for parents/carers

**Answer these questions before you visit your nurse or doctor for the 18 month health check.**

I have completed the health risk factor questions on page 22	<b>No   Yes</b>
I have completed the dental risk factor questions on page 84	<b>No   Yes</b>
I am concerned about my child's hearing	<b>Yes   No</b>
Others have said they are concerned about my child's hearing	<b>Yes   No</b>
I am concerned about my child's vision	<b>Yes   No</b>
My child has a turned or lazy eye (squint or strabismus)	<b>Yes   No</b>
My child has difficulty seeing small objects	<b>Yes   No</b>
My child recognises familiar objects and people from a distance	<b>No   Yes</b>
My child is exposed to smoking and/or vaping in the home/car	<b>Yes   No</b>
My child has sweet drinks and snacks throughout the day	<b>Yes   No</b>
My child still uses a bottle	<b>Yes   No</b>

**If you circled any answer in the first column, please tell your doctor or child and family health nurse.**

<b>Health professional to complete:</b>	<b>Normal</b>	<b>Review</b>	<b>Refer</b>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Feeding</b>		<b>Yes</b>	<b>No</b>
Since this time yesterday, did your child receive breast milk?		<input type="checkbox"/>	<input type="checkbox"/>