

18 MONTHS – Baby is 1 ½!



Your baby is now a year and a half old! WOW!

You may be starting to see more of their little personalities start to shine through. It's a very exciting and busy age! In this last email you'll receive from us, we'll be talking about milestones and how to work through meltdowns.

Milestones

Your child is developing at super speed these days, in all different ways! However, you know your child best. If your child is not meeting one or more milestones, has lost skills they once had, or you have other concerns, get help early.

This month, you can use the [LookSee Checklist](#) or continue to use the [CDC Milestones](#) website or [app](#) to check-in with your child's development. Here are some questions to get you started.

By 18 months, does your child:

- Identify pictures in a book? (“show me the baby”)
- Use a variety of familiar gestures? (waving, pushing, giving, reaching up)
- Follow directions using “on” and “under”? (“Put the cup on the table”)
- Make at least four different consonant sounds? (b, n, d, h, g, w)
- Point to at least three different body parts when asked? (“where is your nose?”)
- Say 20 or more words? (words do not have to be clear)
- Hold a cup to drink?
- Pick up and eat finger food?
- Help with dressing by putting out arms and legs?
- Walk up a few stairs holding your hand?
- Walk alone?
- Squat to pick up a toy and stand back up without falling?
- Push and pull toys or other objects while walking forward?
- Stack three or more blocks?
- Show affection towards people, pets, or toys?
- Point to show you something?
- Look at you when you are talking or playing together?

Follow up with your Healthcare Provider if you answered “no” to any of these questions or if you have concerns about your child's development.

You can also contact the [SmartStart Hub at Five Counties Children’s Centre](#) to get connected directly to services, and look at [What’s available for families](#) for more local resources.

CDC Milestones

Looking for some fun ideas to try with your child at different stages of development?

Discover fun games and activities designed by child development experts to help your child learn, grow, and thrive. Sign up with [Play & Learn](#) to receive an email or text once per week.

Appointment Alert!

Have you booked your **special 18-Month Well-Baby Visit**? This a longer visit where you’ll have a chance to talk to your health care provider about your baby’s growth and development.

Your child will also receive their last dose of the immunization that protects against the following five diseases: diphtheria, tetanus, pertussis, polio, and haemophilus influenzae type b. This is the last immunization due before your child attends school. Your child is now protected against many diseases – hurray!

Don’t forget to record your child’s immunizations [here](#).

18-Month Well-Baby Visit Planner



Help your child recognize and work through their emotions. All feelings matter.

At this age, your child is starting to have ideas about what they want to do, but they still don’t have the words to tell you. This can lead to some pretty big emotions, and even some meltdowns. It’s good to remember that all emotions are healthy and important – even anger, frustration, and sadness.

When your child is upset, try these steps:

1. Be calm.
2. Listen to your child.
3. Help them find the words for how they are feeling.
4. Let them know you are there to help.

Try the following tips to help your child cope with their feelings:

- Name your child's emotions, for example, "It looks like you are frustrated with that toy" or "Oh, you look excited to see Grandma!"

- Let your child know that their feelings are okay, for example, "I know it can be sad when your milk spills. I'd be sad too."
- Teach your child ways to calm down. For example, taking deep breaths or slowly counting to five.

Hug your child. Sometimes a cuddle and attention from you can fix anything!

Reach out to [Peterborough Child and Family Centres](#) or [The Old Millbrook School EarlyON Child and Family Centre](#) for information about parenting programs. You can also check out books on positive parenting from your local library for free, including e-books that you can read on your phone or tablet.

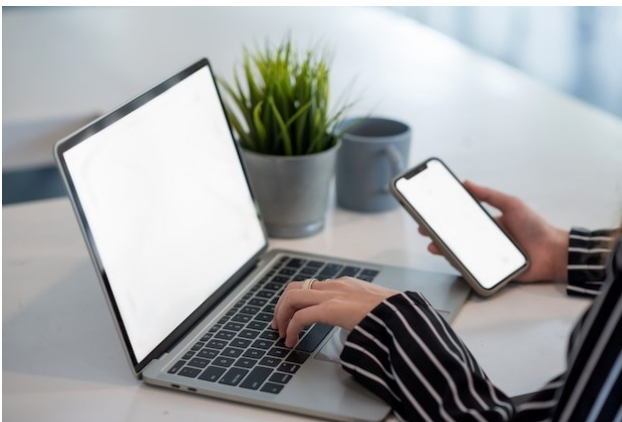


Changes in Routines

Many families may be having changes in routines as your baby is getting older. Nap routines may be shifting, or parents may be returning to working outside of the home. Here are some ideas that may help:

- Making a meal with leftovers might help with busy nights in the future.
- Reach out for help. Family and friends may be able to lend a hand.
- It's okay to say "no". It's okay to turn down that outing or potluck. Being social is important, but not if it's making you feel overwhelmed.

This is a busy season of life, and it's impossible to get everything done. So, give yourself a break and do what you can.



Smart Start Hub @ Five Counties Children's Centre

Provides therapy and treatment services that assist children who are delayed in their development to develop the skills they need in everyday life. If you have any concerns at all, visit www.fivecounties.on.ca/smart-start-hub/

Infant & Child Development Program

For families with children who may become or are delayed in development or are diagnosed with special needs, such as Down syndrome, cerebral palsy, or spina bifida.

Call 705-743-1000.

[Infant & Child Development Program – Peterborough Public Health](#)

Canopy Support Services

Community-based specialized support and clinical services for individuals and families with intellectual/developmental disabilities and/or Autism Spectrum Disorders.

[Autism Services - Canopy Support Services](#)

Currently, our e-mails only go up to 18 months.

More information about Parenting is on our website ParentinginPeterborough.ca

Thank you for inviting us on this journey with you, and all the best in the future.

