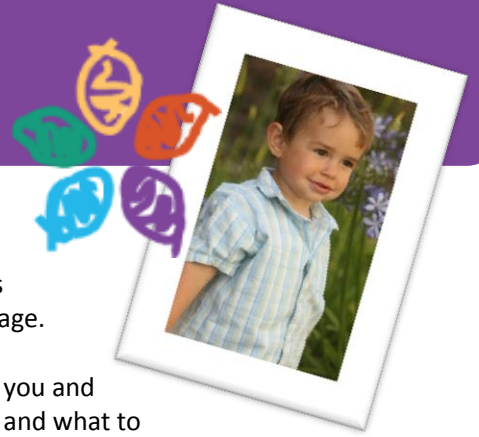# Your Child at 18 Months
(1 1/2 years)

_____   _____   _____
CHILD'S NAME   CHILD'S AGE   TODAY'S DATE

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 18 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next. If you have questions, call Help Me Grow at **888-510-1211** to speak to trained staff who can provide information and support.

What Most Children Do at this Age:
(Check all the things your child does now)

Social/ Emotional
- ☐ Likes to hand things to others as play
- ☐ Shows affection to familiar people
- ☐ Plays simple pretend, such as feeding a doll
- ☐ Points to show others something interesting
- ☐ Explores alone but with parent close by

Language/Communication
- ☐ Says several single words
- ☐ Says and shakes head "no"
- ☐ Points to show someone what he wants

Cognitive (learning, thinking, problem-solving)
- ☐ Knows what ordinary things are for; for example, telephone, brush, spoon
- ☐ Points to get the attention of others
- ☐ Shows interest in a doll or stuffed animal by pretending to feed
- ☐ Points to one body part
- ☐ Can follow 1-step verbal commands without any gestures; for example, sits when you say "sit down"

Movement/Physical Development
- ☐ Walks alone
- ☐ Pulls toys while walking
- ☐ Can help undress herself
- ☐ Drinks from a cup
- ☐ Eats with a spoon

Act Early if your Child:

(Check all the things that are true for 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 6 words
- ☐ Doesn't notice or mind when a caregiver leaves or returns
- ☐ Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs. You can also call Help Me Grow at **888-510-1211**. Trained staff will listen to your concerns and help you get connected to resources for your child's development. You can also find local resources at **www.alamedakids.org**

It's Time for Your Child's Screening
The American Academy of Pediatrics recommends that all children be screened for general development at the 18-month visit. Ask your child's doctor about a screening at your upcoming visit. Or complete a screening today: **www.alamedakids.org/screening**

Learn the Signs. Act Early.

888-510-1211
www.AlamedaKids.org

CALIFORNIA
WIC
WOMEN, INFANTS & CHILDREN

Help Me Grow
Alameda County