

Help Your Child Learn and Grow



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 18-month-old child today.

What You Can Do With Your 18-Month-Old:

- Provide a safe, loving environment. It's important to be consistent and predictable.
- Praise good behaviors more than you pay attention to bad behaviors.
- Describe their emotions. For example, say, "You are happy when we read this book."
- Encourage empathy. For example, when they see a child who is sad, encourage him to hug or pat the other child.
- Read books and talk about the pictures using simple words.
- Copy your child's words.
- Use words that describe feelings and emotions.
- Use simple, clear phrases.
- Ask simple questions.
- Hide things under blankets and pillows and encourage him to find them.
- Play with blocks, balls, puzzles, books, and toys that teach cause and effect and problem solving.
- Name pictures in books.
- Name body parts.
- Provide toys that encourage pretend play; for example, dolls, play telephones.
- Provide safe areas for your child to walk and move around in.
- Provide toys that can be pushed or pulled safely.
- Provide balls for your child to kick, roll, and throw.
- Encourage your child to drink from their cup and use a spoon, no matter how messy.
- Blow bubbles and let your child pop them.
- Play outside everyday, at the playground or in the backyard.