



VOICES FOR CHILDREN

Growing Your Child

A Program of Voices For Children CASA

2305 Canyon Blvd. Ste. 101

Boulder, CO 80302

(303)440-7059

Children. Their future depends on us.

12 – 15 Months

Development and Behavior (use adjusted date of birth for premature babies)

- ❖ May go to a familiar adult for comfort, affection and help.
- ❖ May experience separation anxiety when away from his/her primary caregiver.
- ❖ Repeats actions that produce laughter and attention.
- ❖ Transitions from two naps to one per day.
- ❖ May have difficulty settling into sleep.
- ❖ Jabbers excessively.
- ❖ Can say a few words.
- ❖ Points to indicate what he or she wants.
- ❖ Understands “no”.
- ❖ May express frustration through biting, hitting or throwing food.
- ❖ Begins walking with help.
- ❖ Climbs stairs or furniture.
- ❖ Throws objects intentionally.
- ❖ Feeds self with fingers.
- ❖ Scribbles spontaneously.
- ❖ May remove loose clothing such as hats and socks.



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Activities

- ❖ Read to your child.
- ❖ Stack blocks and roll balls with your child.
- ❖ Put your plastic ware, pots and pans, large spoons and measuring cups in an accessible drawer or cabinet so your child can explore and play with them.
- ❖ Introduce washable, non-toxic markers, crayons, paint and play-dough.
- ❖ Have your child point to parts of his/her body while bathing and dressing him/her.
- ❖ Have fun with old magazines by tearing them, crinkling them or rolling pieces of them into balls.
- ❖ Let your child explore water using water buckets, the tub or the sink. Wash a doll or favorite toy. (Remember to never leave your child unattended around water.)
- ❖ Have a variety of simple picture books. Get your child to point to things as you name them.
- ❖ Make animal sounds and encourage your child to imitate you. Ask your child questions like, “What sound does a cow make?”
- ❖ Pretend to move like different animals – hop like a rabbit.

Just For You

Schedule a regular “night out” with your spouse, partner or a friend.

Make a list of stress relievers that work for you and your child for times when you are frustrated. Take a time out with your child and do something that’s relaxing for both of you. Go for a walk, play a game or have tea together. Keep a list handy of what works for you.

Meet other parents by taking your child to age appropriate activities; story hours, playgrounds, parent/tot exercise classes or a parenting center.



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15 – 18 Months

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- ❖ Takes one nap a day.
- ❖ Holds, hugs and pats people as well as dolls and stuffed animals.
- ❖ Plays alone or beside others – enjoys solitary and/or parallel play.
- ❖ Can respond well to the setting of a few, reasonable limits.
- ❖ Can play alone under a watchful eye.
- ❖ Knows and says names of at least 5 things.
- ❖ Points to things when named.
- ❖ Vocalizes “no”.
- ❖ May express frustration by biting, hitting and pushing.
- ❖ Can flush toilets and close doors.
- ❖ Walks upstairs with help.
- ❖ Likes to pull large objects with string or handle.
- ❖ Takes off shoes, socks and easy to remove clothing.
- ❖ Uses crayons with definite attempts to make marks.
- ❖ Builds towers of 2 blocks or more.
- ❖ Holds cups and spoons with some spilling.



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15 – 18 Months

Activities

- ❖ Read to your child.
- ❖ Walk backwards with your child.
- ❖ Encourage bouncing, swaying and wiggling by dancing to music.
- ❖ Talk frequently to increase language skills and encourage cooperation. For example, while your child is riding in a shopping cart, name items as you pass them.
- ❖ Say and do action words such as, touch your toes, rub your belly.
- ❖ Place a rope on the ground and encourage your child to step over it. (Remember to not let your child play with a rope unattended.)
- ❖ Play in a sandbox together – help your child scoop and shovel the sand.
- ❖ Increase contact with other children through playgroups and library or book store story hours.
- ❖ Explore sitting, climbing or hiding in a large box.
- ❖ Let your child help with simple household chores, like wiping counters, cleaning floors and dusting.

Just For You

Schedule a weekly activity with another parent and child: perhaps to go downtown, to the library or to a neighborhood park.

Make a list of people you can call when you're feeling stressed or frustrated and keep it handy.

When you're feeling frustrated by your child's behavior -
Put your child in the stroller and go for a walk.



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18 – 24 Months

Activities

- ❖ Read to your child.
- ❖ Play with puzzles - (2 – 6 pieces)
- ❖ Spread glue on a piece of paper and encourage your child to put materials on it, such as scrap paper, cotton balls and yarn.
- ❖ Blow bubbles together.
- ❖ Play dress-up with hats, shoes and old gloves.
- ❖ Dance with your child to music of different rhythms.
- ❖ Talk to your child about everything.
- ❖ Expand your child's vocabulary by adding to everything he says. If he says "Kitty", respond with, "Yes, the kitty is soft".
- ❖ Sing together with your child.
- ❖ Play with sorting toys.

Just For You

While your child is napping, do something for yourself; take a nap, read a book or exercise.

Schedule time to be alone. Go out for coffee, take a hike or watch a movie.

When you're feeling frustrated by your child's behavior –
Call a friend, family member or help line.



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18 – 24 Months

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- ❖ Takes one nap a day.
- ❖ Uses pretend play like feeding a doll, playing on the telephone and cooking.
- ❖ Must be reminded of rules as s/he cannot remember them.
- ❖ May indicate wet or soiled diapers.
- ❖ Understands 'yours' versus 'mine'.
- ❖ Tries to sing and hum.
- ❖ Temper tantrums common when frustrated.
- ❖ Attempts to follow directions.
- ❖ Puts 2 or more words together.
- ❖ Runs stiffly – likes to run, but can't always stop and turn well.
- ❖ Can roam out of sight – needs supervision.
- ❖ Sorts shapes.
- ❖ Builds towers of 4-6 blocks.
- ❖ Turns single pages of books.
- ❖ Feeds self with little spilling.
- ❖ Is able to turn knobs, such as door knobs and oven knobs.