

WATCH AND HELP ME GROW

Your baby's
development

12 - 18 Months



Washington State Department of
CHILDREN, YOUTH & FAMILIES

Developmental Milestones

Between the ages of **12 and 18 months** your baby should be doing most of these things.

MOVING

At this age, most babies:

- walk without help.
- pick up small objects (raisin-sized).
- fill containers and dump them out.
- put one thing on top of another.
- feed himself with a spoon.
- hold and drink from a cup (with some spilling).

UNDERSTANDING

At this age, most babies:

- understand spoken directions.
- point to things when you name them.
- say two or three words other than “mama” “dada”.
- ask for things using words.
- wave bye-bye.

SEEING

At this age, most babies:

- use both eyes equally to look at things.
- look at things without squinting, crossing eyes or turning her head unnaturally.
- hold objects at a normal distance (6-12”).
- have clear eyes, not red or watery.
- notice shadows, colors or different textures.
- walk without bumping into things, as if he cannot see them.
- make eye contact (look into your eyes).

HEARING

At this age, most babies:

- imitate sounds.
- respond to his name.
- use a voice that is not too loud or soft.
- hear sounds around him at normal volume - not only loud sounds.

Help Your Baby

Doing **everyday things** will help your baby develop.

You can Play

- Offer your baby safe household items to play with, such as small pots, pans, measuring cups, or spoons.
- Play body and word games like “Pat-a-cake” and “This Little Piggy.”
- Play at filling and dumping things.
- Play music and dance with your child.

You can Read

- Read together every day.
- Point out things in picture books and name them.
- Read favorite books over and over.

You can Talk

- Say what you see throughout the day and let him repeat your words.
- Tell your baby what you are doing and why. Name body parts and everyday objects, over and over.

You can Listen

- Be patient while your baby is learning to talk. Listen closely and do your best to understand.
- Add to his words. For example, when he points at a ball and says “Ba” you can respond with “Yes, that’s a red ball. Do you want to play with the ball?”

You can Respect

- Offer real choices between two good options. For example, “Do you want an apple, or an orange?”
- Praise your baby for trying new things.
- Let your baby do the things she can do safely: choose clothes, pick up toys.
- When your child gets sad or upset, talk with him about his feelings.

As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

Please ask, babies can't wait.

It is important to check to see if your baby is on track for healthy development, or if she may need some support. Each baby develops at her own pace however loss of any language or social skill at any age is reason for concern. In addition, ask yourself these questions about your baby:

- By 12 months, is my baby babbling? Is he or she pointing or making other hand gestures to let me know what he or she wants?
- By age 16 months, does my baby use a few single words?

If you answered no to either of these questions, or if you have any other questions about her development, help is available. Talk with your doctor or nurse or call the Family Health Hotline at 1-800-322-2588 to learn more. They can help you check your baby's development and can connect you with the Early Support for Infant and Toddlers Program in your community, if needed.

More information is available at the Early Support for Infants and Toddlers website: www.dcyf.wa.gov/services/child-development-supports/esit



WithinReach Family Health Hotline
1-800-322-2588 (711 TTY relay)
or www.ParentHelp123.org



www.WatchMeGrowWA.org

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