

**15 TO 18
MONTHS**



Back to sleep, tummy to play.

PHYSICAL DEVELOPMENT: TIPS TO HELP YOUR CHILD GROW

Your child is learning by copying and wants to play and work right along side of you. You are your child's best friend and teacher. They still need time on their tummy, whether it is crawling, playing or looking at books with you. Be patient with your child, new skills take a lot of practice. The best thing you can give your child is you on the floor playing with them.

ACTIVITIES TO DO WITH YOUR CHILD

Teach your child how to push in chairs at the table.

Let your child be your helper. They can carry and put away items for you.

Give your child large paper to scribble and color on while they lay on their tummy.

Take your child to the playground. Stay close by and look for easy things to climb first. Your child may need help getting started and may need to be held back from things that are too big for them.

Have your child lie on their tummy to look at books. Teach them to point at pictures and help them learn the names of things.

Children often like to group and sort objects. Give them shape sorting boxes, stack cups, rings and blocks to play with.

WHAT TO EXPECT AS YOUR CHILD GROWS

**From 15 to 18 months of age
your child will start to:**

- Walk quickly and carry objects while walking.
- Walk backwards pulling a toy.
- Walk upstairs and downstairs while holding your finger.
- Try to kick a ball.
- Lug, tug and drag things.
- Stack 2-3 cubes.
- Do simple puzzles and scribble on paper.
- Squat and play with toys.
- Use hammer toys and drums to make noise.