

What's Up? Your Baby's Development



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

15-Month Visit

Your toddler is using all their new physical, thinking, and language skills to be a good problem solver.

15–18 MONTHS: What's Happening?

What Your Baby Can Do

I am using my body to explore and learn.



- I am walking and might be running and climbing.
- I can scribble with a crayon and build a block tower.
- I can feed myself.

I am using language to understand the world around me.

- I can understand simple questions and directions such as "Kick the ball to me."
- I communicate by combining sounds and actions—pointing to a cup and saying *wawa* for water.
- By 18 months, I may say as many as 20 words.

What You Can Do

Encourage your child to use their fingers and hands to explore. Let them scribble, tap a toy piano, or hold a bubble wand.



Play "Baby Olympics." Create some safe challenges—such as climbing over a stack of pillows—for your child to master.

Ask your child questions: "Would you like yogurt or a banana for snack?"

Put their gestures into words: "You're pointing at the bird in the sky."

Read together, sing together, and make up rhymes and stories. This builds a love of language and words.

As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than noted and still be growing just fine. Every child develops at their own pace. Your HealthySteps Specialist will be available to answer any questions. Your family's cultural beliefs and values are also important factors that shape your child's development.

What's Happening?

What Your Baby Can Do

I am beginning to understand how my actions affect others' feelings, too.

- I may try to comfort someone who seems sad.
- I repeat sounds and actions that make someone laugh.
- My feelings can be hard for me to handle. I may start having tantrums and will need your help to calm down.

I am becoming a good problem solver.

- I may do something over and over to figure out how it works.
- I use objects the way they are supposed to be used—such as talking on a toy cell phone.
- I imitate what I see others do—such as trying to wipe the table with a sponge.

What You Can Do

Read books that talk about feelings.

Connect what you are reading to your child's experiences: "That little boy in the book felt sad saying good-bye to his daddy, just like you do sometimes."

Stay calm during tantrums. Take deep breaths, count to 10, or do whatever helps you to not react. Staying calm helps your child recover more quickly.

Let your child repeat the same activity if they want to. It may be boring to you but is important practice for them.

Once your child has learned a new skill, like throwing the ball, add a twist: Set up a laundry basket for them to toss the ball into.

Other Things to Know and Try

Toddlers problem-solve by using their bodies and minds to make plans to reach their goals. For example, toddlers are solving a problem when they tip over a sippy cup to see how to make the liquid come out. Support your child in their efforts. If their block tower keeps falling, suggest adding some more blocks on the bottom for support. Do chores together. Sweeping up with a broom, for example, helps children solve problems, like how to get the crumbs into the dustpan. It's also important to teach your child to ask for help—and that you respond positively when they do.

At this visit the pediatric team will measure your baby's length, weight, and head. They will listen to your baby's heart and look at their eyes, ears, nose, and mouth. Your baby will get any needed vaccines. We will talk about your baby's development and routines such as sleeping and eating. We will also review safety tips. And, of course, we will make time to discuss any questions or concerns you might have!