

Your 18-Month Old

Children's wellness is often measured by milestones: What can they do and when can they do it? Wellness visits are regular opportunities for these check-ins—they're a great time to ask questions and raise concerns about your child's growth and development! **All children grow and develop at their own pace. Here's what you may be noticing at 18 months.**

Physical development:

- Grow at a steady but slower pace than during their first 12 months of life. (Learn about height and weight milestones at www.cdc.gov/growthcharts)
- Are starting to lose the "baby" face.
- Get their first molars and possibly their canine teeth ("eye teeth").
- Don't nap as much in the morning (but still need to sleep 11–14 hours in a 24-hour period).

Thinking and reasoning:

- Can see themselves as separate from others. They can also imagine a threat, often clinging to parents and fearing strangers.
- Can usually find an object that they watch you move and hide from one place to another.
- Start to play pretend, such as giving a stuffed animal a "drink" from a toy cup.
- Can point to a body part when asked ("Where's your tummy?").

Social and emotional development:

- Don't show much interest in playing with other children, but play next to or near other children.
- Are very curious, grabbing and moving almost anything within reach.
- Like to show off for parents and caregivers!
- Like to copy what other people do (such as making the same faces you do).

Language development:

- Understand 10 times more than they can put into words.
- Know the names of some people, body parts, and objects.
- Use a mix of made-up words and understandable words.

Senses and movement:

- Walk by themselves and stand from a crawling position without holding onto anything.
- Hold a cup by themselves and eat with a spoon (messily!).
- Like to press buttons, move handles, and turn knobs.
- Stack 4 blocks.



Meet Rudy, a
18-month-old
monster Muppet!



Read Monster
Moments and watch
a little monster grow!