



Comfort Play & Teach



Ages and Stages 7 – 18 Months

The Amazing World of Your Baby: An Overview of Baby's Development

Infancy is a very exciting time. You and your baby are discovering each other and your baby is discovering the world. She's learning and doing more and more, but she still depends on you for everything. As you spend time with her, you will come to know her likes and dislikes, her style of learning and her personality. In short, you'll discover a whole new person.

By the end of the first year your baby will be an active learner, increasingly using her gross and fine motor skills. As her coordination improves, her curiosity will prompt her to find out what different objects can do, and what she can make them do. Although she shows signs of independence, such as trying to feed herself, the security of your presence is still vital to help her discover her world with confidence. She learns by doing things over and over and likes it when you repeat familiar songs, finger plays, stories and games. She will also respond to her name by turning and looking when you call, and will babble sounds that are her words for certain things.

Knowing your child's **typical skills** and her **emerging skills** can help you provide appropriate experiences to enhance her development. And **Comfort, Play & Teach™** is just the place to start.

Remember, the developmental milestones we have outlined are only guidelines. Each child develops at their own pace, with some skills emerging early, and others appearing later. So delight in who your child is, and discover how you can have fun as you go through each stage of this amazing growth together.

If you have any concerns about your child's development, consult your child's physician.



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The last part of infancy is a time when great strides are made in motor skills like walking, climbing, stooping, even dancing. Her dexterity is amazing. She'll stack a few blocks, play with shape-form puzzles, and even scribble with a large crayon. She is truly becoming a social creature and loves to be the centre of attention. And though she enjoys being with other children, she is not ready to share or play with them. This is also the time your child will start putting sounds together to make words, point with her index finger to let you know what she wants and begin to respond to simple requests such as "Come" or "Go get...". She is ready to move to the next stage - toddlerhood.

Your Baby at 7 to 9 Months

The second half of the first year shows some remarkable new abilities. At this stage you will notice your baby will begin to:

- Move either by crawling, bum shuffling, or pivoting on the tummy
- Use her first and second fingers with her thumb – even feed herself a cracker.
- Copy actions he sees others do, such as waving bye-bye
- Clearly attach herself to familiar caregivers and want to stay close
- Show intention when exploring objects to understand what they do or sounds they make

Your Baby at 10 to 12 Months

The last months of your baby's first year are a time full of wonderful new accomplishments. Now your baby will start to:

- Walk while holding onto furniture.
- Pinch fingers neatly to pick up the smallest items.
- Repeat sounds or gestures if laughed at.
- Display affection with hugs, kisses and pats.
- Understand simple sentences and requests like 'Where's your shoe?'



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Ages and Stages 7 – 18 Months

Your baby between 13 to 18 Months

Your baby's second year of life brings new skills for a different perspective on the world around her. At this stage your baby will begin to:

- Push and pull toys while walking.
- Turn pages of a book.
- Show a sense of humour.
- Identify herself in the mirror or photograph.
- Realize that things are still there, even when they are out of sight.



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Ages and Stages - 7 - 18 Months

Six Areas of Child Development

1. Social Development means being able to make friends and get along with others, work as part of a team and be a good leader. These skills are all built on self-confidence, cooperation and trust.
2. Emotional Development means the development of a full range of emotions from sad to happy to angry, and learning to deal with them appropriately. This helps build self-esteem and leads to such deeper qualities as sympathy, caring, resiliency, assertiveness and empathy and the ability to rise to life's challenges.
3. Language Development is the ability to understand and express verbal and non-verbal communication. This is followed by the capacity to use words and sentences in correct grammatical structure in order to communicate wishes, ideas, information and needs.
4. Intellectual Development means being able to think creatively and abstractly, to pay attention, solve problems and develop keen judgement along with a lifelong readiness to learn.
5. Gross Motor Development allows a child to gain balance and bring large muscles under control in order to master physical activities such as sitting, crawling, walking, running, climbing, jumping and generally enjoy all that his body allows him to do.
6. Fine Motor Development means mastering precise and accurate small muscle movements of the fingers and hands in order to reach, grasp and manipulate small objects.



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Ages and Stages 7 – 18 Months

SOCIAL SKILLS 7 – 9 Months

Typical Skills

- Plays social games such as peek-a-boo, pat-a-cake, so-big, bye-bye and ball games
- Holds hands over eyes, trying to get someone to play peek-a-boo
- Shows desire to be included in social interaction by showing off to adults; performs for home audience and repeats act if applauded
- Resists pressure to do something he doesn't want to do, for example, no longer automatically accepts feeding and will push spoon away
- Copies actions he sees others do
- Intentionally points to things he wants
- Shouts for attention; breaks into the conversation with his voice signalling emphasis and emotion

Emerging Skills

- Demonstrates sense of control of his environment, e.g., extends toy to show you, but won't give it to you
- Learns to protect self and possessions
- Tests parental reactions during feeding and bedtime
- Able to concentrate on other people's actions, e.g., likes to watch people scribbling on paper
- Shows persistence and may refuse to allow himself to be distracted



Comfort

If you...

- Sing a song about looking for your baby, for example, "Where is Marco, where is Marco, where are you? There you are, there you are and how do you do?"
- Use a soothing voice and a hug and explain how to take turns if your baby gets upset playing with others

Your baby will...

- Begin to develop a sense of himself separate from you
- Feel secure knowing that this hide-and-seek game always ends with you being reunited
- Be reassured that you are there to help with his emotions when others are around



Play

If you...

- Play time for your baby to be with other babies
- Follow your baby's lead instead of always deciding what game to play

Your baby will...

- Enjoy spending time with other babies
- Try to communicate to them using sounds or gestures
- Enjoy the sense that she has control over her actions and wishes



Teach

If you...

- Go slowly with your baby; don't force him to go to someone she doesn't know or isn't sure of
- Play, and invite others to play, peek-a-boo with your baby

Your baby will...

- Understand he can warm up to a stranger and approach others on his terms, e.g., he may bring out lots of toys so the attention is on the other person and not on him
- Understand that you and others are still there even when you can't be seen



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Ages and Stages 7 – 18 Months

EMOTIONAL SKILLS 7 – 9 Months

Typical Skills

- Feels strongly about what she does or does not want to do
- Laughs because she has discovered she can laugh whenever she wants
- Looks worried when she hears a loud noise, such as a balloon popping or the vacuum running or when someone speaks in a very stern voice
- Displays fear of separation, i.e., is clearly attached to familiar caregivers, follows and wants to stay close to them
- Expresses fright, i.e., is frightened by new experiences, new people and will fuss or cry if you look or behave differently

Emerging Skills

- Shows clear like or dislike for certain people, objects or places
- May be more sensitive to other children and will cry if they cry
- Begins to evaluate people's moods and motives



Comfort

If you...

- Watch to see what behaviour helps your baby soothe himself, and encourage it
- Make sure you or someone familiar always responds to your baby's "calls" for help and attention

Your baby will...

- Realize what comforts him
- Learn to cope with his emotions in his own way, for example, using a special blanket or toy to feel safe and secure if you are unable to provide comfort
- Learn that she can depend on you
- Learn that others can provide emotional support too



Play

If you...

- Play some exciting, physical games that energize your baby, without making him anxious
- Play one-to-one games like showing baby his eyes, nose and mouth in a mirror

Your baby will...

- Learn how to become excited, and to calm down again
- Trust that you and others won't push him beyond his limits
- Enjoy spending time with you
- Show his feelings by making faces and body movements



Teach

If you...

- Tell your baby about the routine, for example, "I need to change your diaper; let's take a toy for you to play with while we do this"
- Create routines for all regular activities, like changing, bedtime, feeding or playtime

Your baby will...

- Feel safe, secure and respected as an individual
- Begin to learn what's happening next; this helps control her emotional reactions



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Ages and Stages 7 – 18 Months

LANGUAGE SKILLS 7 – 9 Months

Typical Skills

- Says several sounds like ma, mu, da, di, and ba all in one breath as well as multi-syllabic babbling, e.g., da-da-da or ga-ga-ga
- Recognizes some words; shows excitement when she hears “bottle” or some other familiar word; looks toward mommy when asked, “Where’s Mommy?”
- Can do simple things when asked, for example, “Show me the ball” or “Wave bye-bye”
- Turns to listen when she hears familiar sounds like the telephone or her name
- Uses special words meaningfully, example, dada and mama as specific names

Emerging Skills

- Shows understanding of words through appropriate behaviour or gesture
- Labels an object in imitation of its sound, example, train – choo-choo or dog -’woof
- Has adult intonation when babbling
- Listens selectively to familiar words and begins to recognize some
- Knows what ‘no-no’ means



Comfort

If you...

- Copy your baby’s actions, e.g., clap if he claps

Your baby will...

- Feel his actions are important
- Want to try other actions to get you to do the same thing
- Start to take turns



Play

If you...

- Use baby’s name in familiar songs for example, “Farmer Brown” becomes “Farmer Shiv”

Your baby will...

- Recognize her name and feel pleasure hearing it in a song
- Try to imitate you singing the song
- Practice using her name



Teach

If you...

- Respond to your baby’s babbling sounds by making the same kinds of noises

Your baby will...

- Know that you are interested in what he says
- Feel encouraged to babble on



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Ages and Stages 7 – 18 Months

INTELLECTUAL SKILLS 7 – 9 Months

Typical Skills

- Recognizes size of objects by reaching for small object with finger and thumb and large object with both hands
- Distinguishes near and far objects and space
- When exploring objects, demonstrates understanding of what they do or what sounds they make, e.g., she bangs a block on the floor, shakes a noise maker harder, purposefully pushes buttons on toy, or hits a rubber toy to make it squeak
- Searches for an object when it is taken away but only in the place where it first appeared
- Continues to experiment with things she can do with one side of her body, then the other
- Understands meaning of 'in' and 'out', demonstrated by dropping several large beads in a cup or bowl, dumping them out, and repeating the game over and over

Emerging Skills

- Shows problem solving by using another object to get the one she wants, e.g., pulling a string horizontally to pull toy closer or holds onto two objects and reaches for a third
- Realizes size differences between objects
- Begins experimenting with familiar behaviours, e.g., imitating people when they're out of sight and earshot; will imitate a new gesture
- Starts to combine known bits of behaviour in new ways
- May associate picture of baby with herself, and make a sound of recognition



Comfort

If you...

- Help him calm down when he is upset

Your baby will...

- Be better able to soothe and calm himself over time



Play

If you...

- Play a game in which you and your baby copy each other's simple actions like clapping, shaking a toy, or blowing a kiss

Your baby will...

- Learn how to watch and copy an action
- Learn that she can make an adult follow her lead



Teach

If you...

- Give your baby different objects to play with in the bath, e.g., different sized containers

Your baby will...

- Enjoy the relaxing feel of the water while learning about volume, quantity and other mathematical concepts



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Ages and Stages 7 – 18 Months

GROSS MOTOR 7 - 9 Months

Typical Skills

- Balances himself while sitting; sits alone steadily for longer periods without holding on; sits and bounces on his buttocks
- Pushes up on hands and knees and rocks back and forth; sits up by pushing up from crawl position with arms at side
- Crawls with an object in one or both hands; may also move by “bum” shuffling or turning in circles on stomach
- Helps out when you pull him to stand; sometimes pulls himself up using furniture; stands firmly on his legs when held in standing position

Emerging Skills

- Makes stepping movements
- Stands holding on to your hands; held standing, puts one foot in front of the other
- Uses protective extension of arms to keep from falling backwards
- Lowers himself to sitting from standing, holding on to supports
- Crawls up stairs
- Takes side step holding on to furniture (called cruising)



Comfort

If you...

- Play on the floor and put some distance between you and your baby; encourage her to move toward you
- Holding your baby's hands, go for a walk

Your baby will...

- Start to explore her environment more actively
- Know that she can reach you even when there is some space between you



Play

If you...

- Get down to his level and play hide-and-seek in a safe, small area of the house
- Put objects a bit out of reach but don't frustrate him

Your baby will...

- Gain confidence in her legs and know she is safe trying something new because you're right there
- Begin to feel more independent while feeling loved, safe and secure as he always finds you
- Be encouraged to exert new independence and reward herself by getting object without help



Teach

If you...

- Sit your baby on the floor near steady, firm furniture so she can pull herself up onto her feet (make sure corners of furniture are protected)
- Safely support your baby under the arms to help her to climb up a few steps

Your baby will...

- Learn to pull herself up to standing position
- Learn to use her body in a new way
- Know she is safe because you are right there



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Ages and Stages 7 – 18 Months

FINE MOTOR 7 – 9 Months

Typical Skills

- Grasp is more refined; progresses from holding things in palm to using thumb, first and second fingers
- Rakes at tiny objects and picks up shoe laces, cereal or crumbs with thumb and forefinger
- Drops objects unintentionally and then looks for them
- Feeds self some finger foods such as a cookie or cracker
- Picks up, holds and manipulates an object, in each hand simultaneously; bangs objects together at centre of his body
- Explores objects by grabbing, shaking, sliding and banging

Emerging Skills

- Removes pegs from pegboard
- Is able to throw objects
- Builds tower of two blocks
- With index finger, pokes fingers into holes or anything that looks interesting
- Takes objects out of container purposefully
- Releases objects voluntarily



Comfort

If you...

- Provide finger foods for snacks and meals
- Roll the ball back and forth on the floor with your baby in sitting position

Your baby will...

- Begin to feel independent as he starts to feed himself
- Learn how two people can enjoy a turn-taking game



Play

If you...

- Create noise makers using plastic bottles that your baby can grasp and shake (see Activity Centre)
- Use finger plays with your baby such as the "Finger Family" (see Activity Centre, songs)

Your baby will...

- Learn that her actions cause things to happen
- Learn to control finger movements



Teach

If you...

- Give your child a container and objects to pick up and place into the container
- Give your child blocks to stack up and knock over

Your baby will...

- Further develop his ability to grasp and release objects
- Explore how objects can be moved in space
- Experience the effects on her motor skills



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Ages and Stages 7 – 18 Months

SOCIAL SKILLS 10 - 12 Months

Typical Skills

- Knows when parent approves or disapproves of behaviour
- Tries to help when being dressed, for example, by putting arms out for sleeves or feet for shoes
- Loves to shake head and say 'no' even when he means 'yes'
- Imitates adult movements and movements and play of other children
- Repeats sounds or gestures if laughed at
- Distinguishes self from others

Emerging Skills

- "Dances" to music
- Shows familiarity with rituals and routines of the day; knows what comes next
- Experiments with ways to get attention; enjoys being centre of attention
- Responds to requests, e.g., generally gives up toys on request



Comfort

If you...

- Describe feelings; put words to your baby's expressions, for example, when your baby is crying, say "Ling is feeling sad," and respond appropriately
- Create a routine for daily events and talk about it before it starts and as it is happening, example, "It will be bath time soon," then let him help to get things ready



Your baby will...

- Feel you are responding to his feelings
- Begin to recognize some of the words used to describe feelings
- Feel comforted by your response
- Feel safe and secure because he knows what's happening next



Play

If you...

- Look at family photos and talk about what the people in the pictures are doing
- Provide a safe place where your baby can crawl and explore



Your baby will...

- Start to put names with people's faces
- Try to say some of the names
- Communicate his interest in objects around him by gazing, reaching or pointing



Teach

If you...

- Talk to your baby about upcoming events, for example, mommy's or daddy's return to work from parental leave



Your baby will...

- Learn about what is happening and how that affects her



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Ages and Stages 7 – 18 Months

EMOTIONAL SKILLS 10 - 12 Months

Typical Skills

- Is able to seek comfort when upset, i.e., reaches up to be held
- Expresses many emotions and recognizes them in others, e.g., sad, happy, mad, scared, hurt, discomfort
- Feels guilty when he does something wrong
- Will communicate his need to be in constant sight and hearing of an adult
- Displays affection in hugs, kisses, pats and smiles

Emerging Skills

- Negativism increases; refuses eating a meal, new foods; resists napping; may have tantrums
- Displays independent behaviour; resists adult control
- Communicates specific preferences for certain people and toys, e.g., crying, laughing
- Able to communicate discomfort when fearful or stressed; may express new fears and insecurity with situations he was fine with before



Comfort

If you...

- Turn everyday routines into playful moments by adding tickles, giggles and fun interactions
- Ask your baby for hugs and kisses

Your baby will...

- Feel loved
- Look forward to daily routines because she enjoys fun times with you
- Feel very loved
- Be encouraged to respond to happy actions



Play

If you...

- Provide opportunities to play with other babies

Your baby will...

- Enjoy the company of other babies
- Try out ways to communicate and engage with other babies



Teach

If you...

- Look at magazines or books with pictures of people expressing different emotions; talk about how that person is feeling; be sure to use common emotions such as happy, sad and mad

Your baby will...

- Begin to label emotions
- Enjoy looking at books



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Ages and Stages 7 – 18 Months

LANGUAGE SKILLS 10 - 12 Months

Typical Skills

- Understands simple sentences, questions and requests, for example, 'Give the book to me,' 'Find your ball', 'Where's your shoe?'
- Learns words and appropriate gestures like saying 'no' and shaking his head, saying 'bye-bye' and waving, also exclamations such as 'oh-oh!'
- Starts to anticipate when a surprise happens in a song
- Take turns making sounds with you

Emerging Skills

- Responds to simple verbal requests
- Uses expressive vocabulary, 2-8 words, like 'no', 'baby', 'bye-bye', 'hi' and words that imitate sounds of objects, i.e., bow wow
- Uses a single word to express a whole thought
- May not talk as much while mastering walking



Comfort

If you...



Your baby will...

- Sing familiar songs as often as possible
- Attempt to imitate the words or actions



Play

If you...



Your baby will...

- Encourage your baby to make music and dance with shakers, pots and pans
- Love making noise, hearing rhythm and moving her body in time to music



Teach

If you...



Your baby will...

- Label everything in your baby's world
- Learn the names of common objects



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Ages and Stages 7 – 18 Months

INTELLECTUAL SKILLS 10 - 12 Months

Typical Skills

- Searches for object if he knows it is hidden, e.g., lifts inverted cup, looks in box for toy or unwraps toy
- Tries out new actions for same goal; modifies old ones through trial and error
- Associates actions and sounds with things for example, meows for kitten, points up when he sees a bird
- Is aware of his own actions and some of their implications; compares same action done with both sides of his body
- Develops stronger memory skills

Emerging Skills

- Enjoys looking at pictures in books
- Points to correct parts of the body when asked where they are
- Knows that smaller objects fit in larger ones
- Searches for hidden object, whether he remembers it was hidden or he hasn't seen it hidden
- Able to match shapes, e.g., places a cylindrical object in a matching hole in a container
- Repeats an action that gets a reaction, such as knocking over blocks



Comfort

If you...

- Use encouraging words such as “good for you”

Your baby will...

- Develop feelings of self-confidence, independence and a sense of power and satisfaction



Play

If you...

- Play a game in which you and your baby take turns doing simple actions, e.g., clapping, blowing a kiss

Your baby will...

- Learn to watch and copy an action
- Learn that she can make an adult follow her lead



Teach

If you...

- Provide a variety of interesting objects and boxes or containers for baby to explore, e.g., cereal boxes, yogurt containers, sponges, etc.
- Attach a toy by an elastic to your baby's highchair

Your baby will...

- Explore the objects and begin to have an understanding of functions and dimensions (size and shape)
- Begin to look for the object when he throws it off the tray; learn he can get it back by pulling on the string



Comfort Play & Teach



Ages and Stages 7 – 18 Months

GROSS MOTOR 10 - 12 Months

Typical Skills

- Turns in a circle when sitting – twists to pick up objects
- Stands by flexing knees, pushing off from squat
- Walks while holding on to furniture
- Walks when you hold both hands
- Crawls up stairs
- Crawls on the floor expertly

Emerging Skills

- Walks with one hand held
- Squats down, stoops, bends over, then gets up
- Crawls up and down stairs
- Walks alone 2 or 3 steps
- Plops down when moves from standing to sitting position



Comfort

If you...

- Provide lots of encouragement when baby tries to stand holding onto furniture
- Go for walks in the park or yard and give your baby the chance to practice walking with your support

Your baby will...

- Be motivated to keep on trying
- Feel more confident about taking steps and feel secure with this new way of moving



Play

If you...

- Roll a ball back and forth between you and your baby
- While playing on the floor, place some of his favourite toys around him far enough away so he has to reach to get them; praise him when he is successful

Your baby will...

- Learn to coordinate eye and hand movements for bigger actions such as pushing, pulling, throwing
- Learn to move confidently in different directions from the sitting position while reaching for objects of interest



Teach

If you...

- Supporting your baby from behind or by holding her hand, practice going up a few steps
- Once your baby can pull himself up holding onto furniture, encourage him to hold on with one hand; urge him to let go once he's comfortable; position yourself close by in case he falls

Your baby will...

- Learn to crawl up steps with a sense of security knowing you are there if she falls
- Feel your physical and emotional support as he practices standing freely and learns that if he falls he can get right back up



Comfort Play & Teach



Ages and Stages 7 – 18 Months

FINE MOTOR 10 - 12 Months

Typical Skills

- Uses neat pincer grasp (tips of index finger and thumb) to pick up small items
- Puts objects in and takes them out of container
- Points, pokes, touches and pries with extended index finger
- Places one block on top of another without balancing
- Voluntarily releases objects to another person on request
- Holds spoon but needs help with its use

Emerging Skills

- Uses both hands freely – may show preference for one
- Pulls off socks, hats
- Holds crayons, makes marks
- Builds tower using two cubes
- Points with index finger
- Feeds self with spoon and drinks from a cup



Comfort

If you...

- Place finger foods on your baby's plate or tray and show her how to pick them up
- In a safe place on the floor, use soft building blocks to make a tower; show her how to pick up one block and place it on top of another

Your baby will...

- Feel more confident and encouraged to use her fingers to pick up the food
- Learn about what is involved in stacking objects
- Feel confident about how to pick up and let go of objects



Play

If you...

- Create a safe space in the kitchen with lots of different sized plastic containers and bowls
- Together with your baby, sing songs and fingerplay that encourage him to move his fingers

Your baby will...

- Enjoy putting things inside of one another and seeing how they fit
- Learn to move his fingers with greater control
- Feel loved and secured playing with you



Teach

If you...

- Introduce your baby to cause and effect toys that require her to do something to hear noise or see action

Your baby will...

- Learn that she can control things in her environment



Comfort Play & Teach



Ages and Stages 7 - 18 Months

SOCIAL SKILLS 13 – 18 Months

Typical Skills

- Begins to show sense of humour
- Plays best on her own; doesn't want to share toys, shouting, "Mine, mine" or fights with another child over who gets to use a specific toy
- Enjoys imitating adult task, example, dusting, sweeping floors, setting the table, raking lawn, etc.
- Strongly resists limits you set
- Looks at you when you are talking or playing together

Emerging Skills

- May be able to cooperate at times but may not respond quickly or will do the opposite of the request
- Plays alongside and parallel to another child
- Tries to dress/undress himself, e.g., pull up pants, undo Velcro shoe fasteners



Comfort

If you...

- Have good-bye routines when you and family members leave each other
- Give your child the opportunity to partake in some daily chores, e.g. emptying the laundry basket, putting food in cupboards

Your baby will...

- Be comforted by these routines which mean that people always come back
- Enjoy imitating an adult task while feeling a sense of independence



Play

If you...

- Provide regular opportunities for your child to play with other children her age
- Introduce make-believe toys such as dolls with accompanying props, e.g., small bottle, blanket, cradle or stroller

Your baby will...

- Begin to learn the give and take that comes with being in a social group
- Enjoy recreating familiar actions she has experienced herself



Teach

If you...

- Share a toy with your child, taking turns with it
- Use "Yes" and "No" to clearly set limits and explain why; always respond warmly

Your baby will...

- Begin to learn what's expected when he plays with others
- Begin to understand what actions are acceptable or not acceptable



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Ages and Stages 7 – 18 Months

EMOTIONAL SKILLS 13 - 18 Months

Typical Skills

- Is more confident, exploring and trying new things, taking risks when a trusted adult is present or has provided reassurance
- Shows particular interest in a music tape, special picture books or fish in a tank
- Identifies self in mirror or photograph; becomes more of an individual
- Hugs and kisses parents and other very familiar people and pets
- Enjoys being the centre of attention

Emerging Skills

- Shows jealousy when attention is given to other family members
- Shows frustration easily
- Displays a sense of ownership over toys and people



Comfort

If you...

- Encourage your child to safely explore his surroundings, e.g., cupboards
- Give your child many opportunities to feel successful, e.g., play a game that he has initiated or allow him to take off his shoes

Your baby will...

- Explore his environment in a self-directed way
- Develop a sense of competence and feeling that he can influence others



Play

If you...

- Use stories, songs or toys (teddies) to explore feelings
- Provide opportunities for your child to play on her own

Your baby will...

- Express emotion in response to what she sees or hears
- Learn to be self-reliant for small periods of time



Teach

If you...

- Teach your child simple words to express his feelings, e.g., "I'm sad, I'm tired"
- Inform him when a routine will be different and what will be happening

Your baby will...

- Learn to connect words to how he feels
- Become better prepared to deal with any changes and lessen his anxiety



Comfort Play & Teach



Ages and Stages 7 – 18 Months

LANGUAGE SKILLS 13 - 18 Months

Typical Skills

- Points to show you something
- Understands far more words than can speak, e.g., can point to at least 3 different body parts when asked, “Where’s your mouth?”
- Uses “no” correctly, often with a shake of the head
- Uses 5 or more words to express needs, desires or expressions such as “all gone”
- Tries to sing songs

Emerging Skills

- Names pictures in a book
- Imitates animal sounds
- Uses own name to refer to self
- Follows simple directions without gestures, e.g., “Come, show me, go get, etc.”



Comfort

If you...



Your baby will...

- Use your child’s relaxed bath time to name parts of her body
- Learn to point to different parts of the body by name



Play

If you...



Your baby will...

- When dressing your child, hold up his socks and say, “Socks go on your feet. Show me your feet.” Repeat using other clothes and body parts
- Practice matching words to the different parts of his body as well as developing a positive sense of self and body image



Teach

If you...



Your baby will...

- Count things together in books and find the same objects in your home
- Match real objects with those that she sees as two-dimensional in print



Comfort Play & Teach



Ages and Stages 7 – 18 Months

INTELLECTUAL SKILLS 13 - 18 Months

Typical Skills

- Realizes things exist when they are out of sight
- Shows understanding of some colours and shapes, e.g., matches circles and squares on a form board
- Identifies pictures when requested, e.g., "Show me" or "Where's the Dog?"
- Gains new understanding of the world around him while exploring the environment by looking for something to fit in holes; mix, fill, pile and dump sand at the sand table; stack, knock over or restack a set of boxes, blocks.
- Shows increased memory skills

Emerging Skills

- Groups similar things, such as socks, shoes
- Engages in imaginative play during daily routines such as feeding, putting to bed or bathing dolls
- Uses playdough and paints



Comfort

If you...

Your baby will...

- Read board books and look at pictures with your child
- Learn to point to different parts of the body by name



Play

If you...

Your baby will...

- Watch your child's cues to learn the things he likes to play with
- Take the lead in playing or doing things she enjoys



Teach

If you...

Your baby will...

- Offer a toy with wheels that can be pulled by a string; encourage her to watch what happens when she pulls the string
- Begin to understand cause and effect



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Ages and Stages 7 – 18 Months

FINE MOTOR 13 - 18 Months

Typical Skills

- Releases object to other person on request or gesture
- Picks up and eats finger foods, e.g., raisin, cheerio, cracker, etc.
- Turns container upside down to get an item out
- Puts pegs into a pegboard
- Turns pages of a book
- Stacks three or more blocks
- Scribbles with a big crayon

Emerging Skills

- Feeds self with spoon and fork
- Throws ball forward
- Begins to unlatch, unscrew, open and take apart
- Squeezes, pokes, and pats playdough
- Copies simple lines drawn on paper



Comfort

If you...

- Give your child the opportunity to feed himself finger foods at meal times
- Spend time reading picture books with your child

Your baby will...

- Practice independent, self-help skills and be proud of newly emerging abilities
- Use small muscles in his fingers to turn the pages and set the pace of your time together



Play

If you...

- Offer your child plastic bowls she can either stack or put one inside the other
- Provide big crayons and lots of paper

Your baby will...

- Practice independent, self-help skills and be proud of newly emerging abilities
- Use small muscles in his fingers to turn the pages and set the pace of your time together



Teach

If you...

- Provide pots and lids to encourage finding matching sets
- Help your child to solve a simple jigsaw puzzle with one or two large pieces

Your baby will...

- Enjoy making noise with the pots and lids while beginning to appreciate different sizes of objects
- Explore how things fit together using his new fine motor abilities



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Ages and Stages 7 – 18 Months

GROSS MOTOR 13-18 Months

Typical Skills

- Walks alone
- Crawls or walks upstairs one step at a time holding onto banister or hand
- Pushes and pulls toys while walking
- Squats to pick up toy without falling
- Climbs on things by himself, for example, chairs, sofas, tables or out of cribs, high chairs, strollers

Emerging Skills

- Walks down stairs holding rail – both feet on step
- Tries to kick a ball
- Likes to ride toys
- Likes to run, but falls and bumps into things
- Walks backward



Comfort

If you...

- Stay close and supervise your child in the park
- Safety proof the house

Your baby will...

- Feel safe while exploring and testing out new motor skills
- Feel confident playing and exploring at home



Play

If you...

- Take your child to the park or playground often
- Play favourite music/songs and encourage her to move to the music

Your baby will...

- Take every opportunity to practice walking, climbing, jumping and running skills
- Have fun swaying legs, body, arms and head to different rhythms



Teach

If you...

- Arrange an obstacle course in a room so she can crawl through a box, under a chair, over a big pillow, etc.
- Offer your child balls of different sizes

Your baby will...

- Learn how to move her body through space
- Feel the difference in weight; learn how to hold each one (one hand or two), to throw or roll the balls