

DENVER DEVELOPMENTAL ACTIVITIES

15 TO 18 MONTHS

15-18 months

These activities are designed to help your child with the following basic skills:

Love, self-care, and socialization.

Activities to continue:

- Soothe and calm your child when (s)he is fussy.
- Hug and cuddle your child often.
- Rock and love your child, and sometimes sing or rock him or her to sleep.
- Try to get your child to undress with little help.
- Play games such as hide-and-seek with your child.
- Plan frequent outings with your child to a playground, zoo, airport, museum, etc.
- Include your child in family meals.

Hugging and Kissing – Hug and kiss your child often, and try to get him or her to hug and kiss you back.

Picking Up Toys/Helping Around House – Teach your child to pick up and put away his or her toys, clothes, etc. At first, you may have to pick up most of them, but with time, (s)he will pick up more and more with your help. Your child can also learn to help set the table and do other simple things around the house.

Parents' Group – Ask a small group of friends who have children the age of your child to get together every so often. The children can play together while the parents talk about bringing up children.

New Games – Be ready to play when your child starts a game. Show your child how to play games such as tag, chase, "ring around the rosie," etc.

Playing Hide and Seek – Hide, and have your child look for you. At first, make it easy to find you. As your child gets better at the game, make it harder to find you.

Small muscle and problem-solving skills.

Activities to continue:

- Encourage playing with blocks and nesting toys, and drawing with crayons, felt tip pens, and finger paints.

Blowing – Teach your child how to blow soap bubbles. Talk about how the bubbles look and feel.

Stringing – Show your child how to string things such as empty spools, large buttons, macaroni, etc., on long shoelaces or heavy string.

REMEMBER:

Talk with your child — Play with your child —
Enjoy your child!

© Wm. K. Frankenburg, M.D., 1975, 1986, 1998 ©Wilhelmine R. Frankenburg 2009

Speech and language.

Activities to continue:

- Provide some quiet time when the radio and TV are not on.
- Look at books and read to your child each day.
- Sing songs and nursery rhymes to your child.
- Talk to your child a lot and describe what you see and do in short sentences.
- Try to get your child to use words to tell you what (s)he wants.

Conversations – When your child asks for something using only one word, such as "milk," tell him or her how to say, "I want some milk, please." Praise him or her when (s)he puts words together.

Language – Look at picture books and magazines often with your child. Ask him or her to tell you something about the story and pictures.

Telephone Play – Give your child a toy telephone (or make "telephones" from toilet paper rolls or milk cartons). Play games such as "calling Grandma" or "calling Daddy at work."

Naming – At the grocery store, name foods as you select them. Try to get your child to name them before you do.

Large muscle strength and coordination.

Activities to continue:

- Encourage walking on tiptoes, backwards, and up and down stairs.
- Play ball with your child.

Playground Activities – Show your child how to play on swings, climbing equipment, and so on, either on a backyard swing set or in a park. Stay with your child while he or she plays on this equipment until your child is older.

Water Play – Let your child play in water in the bathtub, in a wading pool, or in the garden sprinkler. Give him or her plastic cups and containers to pour from. Never leave your child alone even around very shallow water.

Kickball – Show your child how to kick a large ball toward "pins" to knock them down. Balls can be made from large wads of newspaper or rags, and empty milk cartons or coffee cans can be used for the "pins."

Rocking Horse – Children this age love to play on a rocking horse. Be sure that the horse cannot be easily tipped over.