# DENVER DEVELOPMENTAL ACTIVITIES

**12 TO 15 MONTHS**

This side 12-15 months
Over for 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.
- Play social games, such as "pat-a-cake," "so big," etc.

**Imitating Housework** – While you are dusting, sweeping, or doing other housework, get your child to pretend to do it, too. Give your child a dust cloth, toy broom, etc.

**Undressing** – Show your child how to pull off his or her clothes. At first, you may have to help by unbuttoning buttons and loosening shoe laces.

**Feeding Self** – Show your child how to use a spoon. Let your child feed him- or herself soft foods (such as applesauce or mashed potatoes).

**Caring for a Doll** – Give your child a plastic or rubber doll that can be washed. Show him or her how to feed and love and take care of the doll.

**Outings** – Take your child to places such as a zoo, museum, airport, and playground often. Talk about things you see.

## *Small muscle and problem-solving skills.*

**Activities to continue:**

- Encourage drawing and play with bathtub toys and stacking toys.
- Help your child put small objects into a container and take them out again.

**Block Games** – Buy blocks or make them from pieces of wood (available at a lumber yard). Show your child how to stack the blocks, line them up, and play with them.

**In and Out** – Show your child how to put things into containers such as pots, jars, and milk cartons. Then have him or her dump them out and start over again.

**Nesting** – Show your child how bowls, measuring cups and containers of different sizes (like those butter or cottage cheese comes in) can be stacked up or nested inside of each other. Be sure these nesting toys will not break.

**Drawing** – While you are working in the kitchen, spread shopping bags on the table or floor. Let your baby "draw pictures" with crayons or water-based felt tip pens.

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



## *Large muscle strength and coordination.*

**Activities to continue:**

- Try to get your child to walk alone.
- Play ball with your child.

**Pull Toys** — When your child is able to walk without holding on to anything, give him or her a toy to pull while (s)he walks. Most children like pull toys that make sounds.

**Walking Backwards** – Once your child has learned to walk without holding onto anything, show him or her how to take steps backwards. Pull toys will encourage your child to take backward steps while watching the toy.

**Walking Up and Down Steps** – When your child can crawl up and down steps, show him or her how to walk up holding on to the wall or stair rail. Be sure to be with your child when (s)he is first trying to walk up or down steps.

**Walking on Tiptoes** – Show your child how to walk on tiptoes. Get him or her to try it by playing "follow the leader" around the room.

**Catching/Throwing** – Show your child how to catch a large ball, and how to throw it back to you. When (s)he can throw the large ball, show your child how to throw a smaller ball or beanbag overhand.

## *Speech and language.*

**Activities to continue:**

- Talk to your child a lot, and try to get him or her to talk to you.
- Listen and talk back to your child when (s)he talks to you.
- Provide some quiet time when the radio and TV are not on.
- Look at and read picture books to your child, giving him or her a chance to point to the pictures as you name them.

**Imitating Words** — As you talk to your baby during your day, say key words that (s)he knows (milk, cookie, a pet's name, etc.). Try to get him or her to say them back. When (s)he says a word, praise him or her, say the word again, and try to get him or her to say the word(s) again.

**Rhythm Makers** – Make noisemakers for your child from pie tins, rattles, or pieces of broom handles. Help your child make his or her own music by hitting these together.

**Talking** – Help your child learn to talk by having him or her name things you see as you take walks or go on drives. Have your child ask for things (s)he wants with words instead of pointing to them.

**Naming Body Parts** – As you bathe and dress your baby, point to the parts of his or her body, name them, and get your baby to say the words.