

18 Month Visit



Follow

Let your child be “the boss” at playtime. Join in their games and try not to tell them what to play with or how to use something they are exploring. Kids learn best when they follow their own interests.

Tell

Tell your child what TO do, instead of what NOT to do. Saying “please walk” works better than “don’t run” because it teaches your child how you want them to behave. Use clear instructions and praise your child when they do what you ask. Save “no” and “don’t” for safety issues.

Routines

Having regular routines can help to avoid tantrums! Planning what the day will look like and talking to your toddler about it, can make it easier for them to control their behavior and prepare for what comes next.

Comfort

Comfort and distract your child when he or she is upset or has a tantrum. They are too young to understand what they did wrong and need your help to calm down.

Count

Count things throughout the day - like crackers, socks, hands or toes! Introducing numbers in a real-life way is important to build math skills for kindergarten.

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Yes Places

Your child needs places they can explore without hearing “No.” Give them things they can use to learn safely, like cardboard or wooden spoons. Child-proof spaces or “Yes Places” also let you say “Yes.” When you save your “No’s” for when you really need them, it helps your baby learn what “No” really means.

Suggested Age

0-3 years

Vroom is not a diagnostic tool. For more info ask your child’s doctor.

Brainy Background™



For your baby to learn what “No” means, try not to use it so often. Babies need to explore - it’s how they figure out the world and how it works. “Yes Places” help them learn and help you save “No” for when you really need it. It might help them learn to say “No” less often, too!

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