

Why should a child's growth and development be checked at 18 months?

- At 18 months, your child is learning to do many new things! It is important to watch for signs that there may be a problem with your child's vision, hearing, speech or development as he/she grows.
- When a problem is found, there are many community supports that can help the child and the family.
- Did you know that one in four children in grade one are not able to do what other children in their class are able to do?
- ***A "wait and see" approach is not the best way to help your child if you think there is a problem with what they are able to do!***

The Nipissing District Developmental Screening Tool (NDDS):

- Is a checklist of questions to help you see if your child is developing at the same rate as other children the same age.
- Can be used from 1 month until 6 years of age. Choose the one closest to your child's age but not over.
- Covers seven different areas of growth: vision, hearing, speech and language, large motor, fine motor, cognitive and self-help skills.
- Includes a list of activities that you can do with your child to help him/her to learn new skills.

***If you answer "No" to 1 or more questions on the NDDS, your child should be seen by your doctor or another health professional.**

By 18 months, your child should be able to:

- Use common expressions (e.g. "all gone" or "oh-oh").
- Point to several body parts when asked.
- Use at least 20 words consistently.
- Look at you when you are talking or playing together.
- Enjoy being read to and sharing simple books with you.
- Respond with words or gestures to simple questions.
- Show affection for people, pets or toys.
- Walk on their own.



What Can You Do to Help Your Child's Development?

- Become familiar with the stages of normal child growth and development by using the Nipissing District Developmental Screening Tool.
- Read to your child every day.
- Talk to your child about the day using 3 or 4 word sentences.
- Give your child the time and space to explore the world around him/her.
- Find safe activities for your child to practice climbing, walking, and jumping.
- Allow your child to help you with simple chores like putting away toys or finding items at the grocery store.
- Be consistent when setting routines and disciplining your child.
- Take your child regularly to visit the dentist and the family doctor.
- Have fun and play with your child.

***Contact your doctor or Public Health Nurse if you are concerned about your child's growth and development.**

Some Helpful Parenting Websites

- www.healthunit.com
- www.ontarioearlyyears.ca
- www.NDDS.ca
- www.zerotothree.org
- www.investinkids.org
- www.familyinfo.ca



Support in Your Community

- MLHU Health Connection
519-850-2280
- MLHU Well Baby and Child Clinics
City of London 519-663-5317 X 3179
County of Middlesex 519-663-5317 X 3176
- London Public Libraries
519-661-4600
- Middlesex County Public Library
519-245-8237
- Ontario Early Years Centres
1-866-821-7770

References

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Do You Have an 18 Month Old Child?



NOW is the time to check
your child's growth &
development.

The Early Years Matter!