

18 months old

## Play and Learn!



Play is so important to your child's development - physically and mentally. Continue to give your child lots of opportunities for play alone and with others, including you. Playing in different types of spaces and terrains will help your child learn to walk on uneven ground and develop gross motor skills.

### Toddler Eating Habits

Have you noticed a change in your toddler's eating habits? Are you concerned that they might not be eating enough? Toddlers are naturally good at knowing when they are hungry and when they are full. Their appetite can change a lot from day to day depending on what is going on. For example, a busy, active day for your child might lead them to eat much more than usual. [Here are some tips to help your toddler eat well.](#)



### Vaccination

**Getting your child immunized protects them from a variety of diseases.**

- ♥ At 18 months old, your child is due for the PediaCel vaccine, which is a 5-in-1 vaccine for Diphtheria, tetanus, pertussis (whooping cough), polio and Hemophilus influenzae B (Hib).

### Learning & Having Fun

**Encourage your child to explore all the ways they can move their body!** Children benefit from practicing climbing, swinging, running jumping, going up and down stairs and going down slides. Stay close to your child to help avoid injury but try to give them space to explore and learn.

### Your Baby's Development

**Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive.**

Contact us to find out more or to get your child screened.



## How much does my baby need?

	Guideline
<b>Sleep</b>	In a 24-hour period, 1-2 year olds should be getting 11-14 hours of sleep, including naps, with consistent bedtimes and wake-up times.
<b>Movement</b>	Your child should be getting at least 180 minutes a day of physical activity of any intensity. This includes energetic play and should be spread throughout the day. More movement is better.
<b>Sitting time</b>	Don't restrain your toddler in things like a stroller or car seat for more than 1 hour at a time. Screen time (eg. TV, tablet, etc) is not recommended. When sitting with your child, try reading, storytelling or singing with them.

From: Canadian 24-Hour Movement Guidelines for the Early Years (0-4)

Children this age want to do things like adults in their life do. They love pretend play! Provide your child with toys that let them pretend to have tea parties, play dress up, and play mommy or daddy.



Check out the local toy lending library and play groups at the EarlyON Centres in Kirkland Lake, Englehart and New Liskeard. Each location has an [events calendar available online](#).

### Wondering how your child's teeth are developing?

[Learn more about dental development here.](#)



### Managing Meltdowns

Meltdowns can be common at this age. Help your child learn to calm themselves down by showing them. Practice taking deep breaths when your child is not upset so they can do it when they are upset. Hold your child "belly-to-belly" and do deep breathing. This will help calm both of you down during a meltdown ([Building Resilience in Young Children, pg 10](#)).



### Car Seats

It's safest to keep your child in a child car seat or booster seat until they reach the maximum weight and height limits of the child car seat. Always follow the recommended use set out by the manufacturer. [Click here](#) for more information about choosing a child car seat or booster seat.



THU also has certified Car Seat Inspectors who can help you ensure that your car seat is the right fit for your child. Contact the [Timiskaming Health Unit](#) for more information.



#### CONTACT US!

Call us toll free  
**1-866-747-4305** and ask to  
 speak to a **Healthy Babies  
 Healthy Children nurse**

