

## HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 18-month-old—a great way to have fun together and support your child’s social-emotional development.

### Tons of Love

Your toddler loves to have a lot of hugs and kisses. Give big hugs, little hugs, loud kisses, and soft kisses. Tell them you love them so much!

**Materials Needed:** None

### Eating Practice

Your toddler is getting big and wants to do things by themselves! Let them practice eating with a spoon and drinking with a sippy cup during mealtimes. Be ready for some spilling!

**Materials Needed:** Child-safe eating utensils, sippy cups

### Back and Forth

Your toddler will enjoy gentle tickling games. Make sure they can let you know when they have had enough. They will like quiet snuggle times, too.

**Materials Needed:** Tickles and Snuggles



**NOTES:** \_\_\_\_\_  
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 **A New Playhouse**

Make playhouse furniture for your child out of boxes. For a stove, turn a box upside down and draw “burners”. Use simple containers for pots and use wooden spoons or sticks to stir the “soup.”

**Materials Needed:** Old boxes, containers, pots, child-safe kitchen utensils

 **Mealtime Helper**

Let your toddler help during mealtimes by bringing some things to the table or by setting a place at the table.

**Materials Needed:** None

 **Simple Games**

Play simple games such as Hide and Seek and Chase with your toddler. Have fun and laugh together.

**Materials Needed:** None



Want to learn about developmental milestones for your 18-month-old?

Visit <https://bpub.fyi/CDC18month>