

**Newborns-18 month olds****The Facts**

Understanding the stages and behaviors in your child's development is an important step in parenting. Due to children maturing at their own rates (physically, mentally, socially and emotionally) they need all the support, love and encouragement you can provide. As a parent you can help!

**Developmental Stages & Behaviors****Newborns**

- Can lift head briefly
- Stare at objects, but don't reach
- Keep hands fisted or partially open
- Thrust arms and legs while playing
- Communicate by crying
- Respond to voices
- Like to look at faces, hear soft voices
- Make eye to eye contact
- Are quiet when content
- Startle at loud sounds

**6 month olds**

- Can lift and extend legs while on tummy
- Can sit up and stand with support
- Hold bottle
- Roll over from their backs to their stomachs
- Laugh and chuckle aloud
- Reach for toys and familiar people
- Look toward an interesting toy or sound
- Smile at familiar faces and tries to imitate facial expressions
- Vocalize pleasure and displeasure

**12 month olds**

- Crawl and pull to stand
- Vocalize two or three words
- Go to a familiar adult for affection, help or comfort
- Look when you call their name
- Show preference for one hand over another
- Push objects
- Resist napping
- Drink with cup
- Play alone

**18 month olds**

- Walk alone or with very little help and run easily
- Feed self
- Refer to self by name

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**18 month olds**

- Walk alone or with very little help and run easily
- Feed self
- Refer to self by name

- Ask for simple things like “cookie” and “milk”
- Play longer with toys
- Throw objects and pull toys
- Get easily frustrated and can be stubborn
- Request individual attention and often refer to items and things as “mine”
- Strive for independence

\*Not every child develops the same, that’s what makes us all unique. The previous listing contained general behaviors that most children obtain at a certain age, but not all.

## Helping Your Child’s Development

Helping your child learn right from the start makes a big difference. Here’s what you can do:

- Cuddle, touch and comfort your child regularly.
- Talk to your child often. At this age group, he/she is learning new sounds, voices and words within everyday interactions.
- Praise your child rather than criticize. Though he/she is still young, he/she needs to feel valuable and loved.
- Allow lots of time to go place and do things. Your child is very curious at this age.

## How To Handle Discipline Problems

Even good children have bad behaviors. The following is an example of how to handle a discipline problem that occurs within the ages of 6 to 18 months:

*Scenario:* While playing with your child, he/she suddenly bites you.

*Goal:* To help your child show his/her feelings without hurting others or themselves.

**Don’t** bite back. In the end your relationship will suffer. At this age your child doesn’t understand that his/her actions are causing pain.

**Do** hug your baby. If he/she is teething, give them something soft to bite. Verbally state to your child, “No biting. Biting hurts.”

**Prevention** begins by watching for warning signals. Learn how to tell when and if your child is excited or upset. Teach him/her to express his/her needs in other ways (examples:

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