



Milestones Matter

Your Child at 18 Months

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

What Most Children Do by 18 Months

Social/Emotional

- Like to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Show affection to familiar people
- Play simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Explore alone but with parent close by

Hearing/Language

- Say several single words
- Say and shake head "no"
- Point to show someone what they want
- Point to one body part
- Follow one-step verbal commands without any gestures
- Point to show others something interesting

Cognitive (learning, thinking, problem-solving)

- Know how ordinary things are used
- Show interest in a stuffed toy by pretending to feed
- Scribble on their own

Movement/Physical Development

- Walk alone
- May walk up steps and run
- Pull toys while walking
- Help undress themselves
- Drink from a cup
- Eat with a spoon

You Know Your Child Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- Doesn't point to show things to others
- Can't walk
- Doesn't know how familiar things are used
- Doesn't copy others
- Doesn't gain new words
- Doesn't have at least six words
- Doesn't notice when a caregiver leaves or returns
- Loses skills he once had
- Doesn't respond to simple spoken requests

You Can Help Your Child Learn and Grow

Here are some activities to enjoy with your child.

- Name body parts
- Praise good behaviors more than you punish bad ones
- Describe her emotions
- Encourage pretend play
- Encourage empathy
- Read books and talk about the pictures
- Copy his words
- Use words that describe feelings and emotions
- Use simple, clear phrases
- Ask simple questions
- Hide things and encourage her to find them
- Encourage him to drink from his cup and use a spoon
- Blow bubbles and let her pop them

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation.

Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Ashland-Greenwood Public Schools
402-944-7083

Gretna Public Schools
402-332-3265

Bellevue Public Schools
402-293-4000

Millard Public Schools
402-715-8302

Bennington Public Schools
402-238-3044

Northwest Area Educational Agency
712-222-6050

DC West Community Schools
402-359-2583

Omaha Public Schools
531-299-0242

Elkhorn Public Schools
402-289-2579 ext. 11000

Papillion-La Vista Community Schools
402-514-3243

Fremont Public Schools
402-727-3084

Westside Community Schools
402-390-2100

Green Hills Area Educational Agency
712-366-0503 ext. 7215

Yutan Public Schools
402-625-2141

