

## To help your baby learn

- Give your baby as much freedom as possible to explore new things. This helps him feel more capable and that you think what he does is important.
- Your baby needs safe places to explore and practice his skills. If you use a playpen, use it for only short periods of time.
- Help your baby discover how things move. Give him things to push and pull; balls to drop, bounce, roll and throw; and things to pound on. He will enjoy putting things together and taking them apart.
- Provide boxes, cans, or cups of various sizes that fit inside each other.
- Provide your baby a sandbox with pail and shovel and other items to help him explore and experiment. Supervise water play in the bathtub or swimming pool. He will enjoy splashing and pouring water into and out of containers.
- During bath or dressing, point to parts of the body and say "here is your nose, here are your eyes," etc.
- Sit with your baby on your lap and read a picture book. Encourage him to find things pictured, "Where's the bird?" "Find the ball." "What is the boy doing? Is he swinging?" Encourage baby to turn the pages himself.

For more information call your county health department.



"Your Baby At 16 Months" is issued by the Oklahoma State Department of Health, as authorized by James M. Crutcher, M.D., M.P.H., Commissioner. 5,000 copies were printed by the Oklahoma State Department of Health in September, 2005 at a cost of \$.04 each. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.



## Your baby at 16 months

Your baby is probably now a toddler. He is curious about everything and moving fast by crawling, scooting, walking, and perhaps climbing. He wants to explore and be a part of everything going on around him. He can understand more than he can say which is sometimes frustrating for him. He is no longer the center of attention, but has to compete with other activities and people. He may try many things to get attention and say "no" a lot. He wants to test his independence and show you how important he is. He may do this by being negative. This is a sign that your baby is growing up.

Remember, be patient. Don't expect him to behave as a little adult. It is far beyond his ability.





# What is it like to be 16 months old?

## How I grow

- I like to climb on things (usually alone).
- I can climb upstairs on my hands and knees.
- I can climb on chairs, sofas, and tables.
- I can climb out of cribs, high chairs, and strollers. Watch me! I could hurt myself.
- I'm always on the go. I can walk pretty well. I can run a little. I'm learning to walk backwards.
- I like to carry things in each hand.
- I can turn pages in a book, a few at a time.
- I want to show you how independent I am by doing what I want, not what **you** want me to do.

## How I get along with others

- I like lots of attention and am easily entertained.
- I can tell when someone I know is absent.
- I like to imitate, like sweeping the floor or pushing a cart.
- Sometimes I will get things for you.
- I like to know where you are at all times.
- I'm pretty self-centered and often not friendly.
- I mostly want my own way; I don't cooperate much.
- I can recognize myself in a mirror or photograph.

This flier describes a "typical" child at this age. Children are different and perfectly normal children may do things earlier or later than this description. If you have questions about your child's development, call your county health department. Also, in the interest of fairness, the gender of the child described in these fliers will alternate throughout the series.

## How I talk

- I can point to my shoes or parts of my clothing.
- I let you know what I want by talking or pointing.
- I can follow simple requests like "Give me the ball."
- I understand simple directions such as "no," "come," "show me," and "look."
- I can point to pictures you name, if the things in pictures are familiar to me.
- I can say 4 or 5 simple words.

## What I have learned

- I can throw a ball, but usually throw it crooked.
- I like to feel different kinds of things--smooth things, rough things, soft things.
- I like soft and smooth things, but may not like it when things stick to my fingers.
- I may be able to build a tower of two blocks.
- I can scribble with a pencil or crayon.

## What I can do for myself

- I may be able to use a spoon but I spill.
- I may let you know if I have wet or soiled pants but I'm still too young to be toilet trained.
- I like to do things myself, but don't do them very well.

Adapted from "Parent Express", University of California Cooperative Extension Service.