

15-Month Visit



Language

By now your toddler can follow a storyline and enjoys hearing the same story over and over. Read short books that have repeating phrases. Reading the same book again and again may be boring to you but it delights toddlers. When you find a story your child likes, read it often and with gusto. Pause at the end of each page and let them turn it themselves.



Science and Math

Use an empty egg carton to play with balls or blocks that are not choking hazards. Fill a couple of the sections then ask, "Should I put in *one* more?" Add another item and repeat, "*One* more?" Your child may help add more items or take some out. Then say, "You added more," or "You took one out," to help them understand the math concepts *one* and *more*.



Managing Feelings

At this age almost all children have strong feelings and act them out by having tantrums.

During a tantrum your child's body and mind are overwhelmed. What they need is support from a calm adult—that's you. For example, when it's time to leave the park, they may arch their back and scream, "No!" You can name their sad and angry feelings and give a two-minute time period for them to adjust. Also, try a creative solution like singing a goodbye song or stepping on leaves on your walk home. After that they may need your help. If you are calm and can do so safely, pick them up, carry them to the car or buckle them in the stroller and leave. They may not stop crying right away but your calmness will be contagious.



Problem-Solving

By 12-15 months old most babies understand that things exist even when they can't see them. Experts call this "object permanence." Because of this new skill, it's fun to "hide" things to see if baby can find them. Show your baby a bright ball and two cups turned upside-down. While they're watching, hide it under one of the cups. Then say, "Where did the ball go?" See if your baby picks up the cup where you put the ball. Keep playing but hide it under the other cup. They may look under the first cup first. Eventually they will find it or you can show them and say, "There it is!"



Physical Skills

Toddlers at this age can walk up and down steps, but only with support. They will take one step at a time using the same leg each time. Using one foot and then the other is a skill they will develop later. Hold your child's hand as they go up the stairs. Take your time. When you get to the top, go down again. And if you don't have stairs at home, find some in your neighborhood. This is a good time for counting too.



Art and Music

At this age your baby may be ready for chunky crayons. Tape some paper to the highchair and give your toddler a chunky crayon to grasp with their whole hand and say, "Look at those marks you're making," or "So much red!" If they try to eat the crayon, gently redirect them and say, "Crayons are for *drawing* on the paper."



Good books to read at this age:

- *Mr. Brown Can MOO! Can You?* by Dr. Seuss
- *The FEELINGS Book* by Todd Parr
- *Where's Spot?* by Eric Hill
- *Clap Hands* by Helen Oxenbury