

BASICS INSIGHTS

18 MONTHS

Science-based facts and suggested activities to boost your 18-month-old's brain development and learning!

FACT Toddlers learn by doing their own experiments. When playing independently, they develop problem-solving skills and learn they have the ability to figure out solutions.

TRY THIS

- If you see your child concentrating on something, hold back and let them figure it out.
- Help only if they continue to struggle.



**Explore
Through
Movement
and Play**

FACT When you ask your child a question, you show them that their ideas and opinions matter. Asking questions also builds their thinking skills.

TRY THIS

- Ask about "Who," "What," or "Why." For example, "What's inside the box?"
- Show interest in your child's answers and try to keep the conversation going.



**Talk, Sing,
and Point**

FACT Transitions between different activities can be challenging for toddlers. It's especially hard for them to stop doing something that they enjoy without a warning ahead of time.

TRY THIS

- As a transition approaches, let your child know a few minutes ahead of time so they can prepare and finish what they are doing.



**Maximize Love,
Manage Stress**

The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



**Maximize Love,
Manage Stress**

Children thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to show your love. You will help them develop a sense of security and self-control.



**Talk, Sing,
and Point**

Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and point to help them know what you are talking about.



**Count, Group,
and Compare**

Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



**Explore Through
Movement and Play**

Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



**Read and
Discuss Stories**

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



TheBasics.org