

ENHANCED 18-MONTH WELL-BABY VISIT



Your Child's Enhanced 18-Month Well-Baby Visit

Eighteen months is a milestone in your child's development, and it is important to visit a family physician or other health care provider at this time.

The enhanced 18-month well-baby visit is an opportunity to discuss your child's development and ask any questions you may have. It is a key appointment for immunization and is often the last regular check-up before your child starts school. The 18-month well-baby visit also allows you to discuss any concerns and learn about specialized community supports and services, if necessary.

What can I expect at this visit?

You and your health care provider will discuss your child's development.

You will complete a checklist, such as the Looksee Checklist®, which provides a snapshot of your child's development and a starting point for your discussion. You'll also get information about typical child development and activities to support your developing child.

You can find the Looksee Checklist® at lookseechecklist.com.

Useful Websites

- **Looksee Checklist®**
lookseechecklist.com
- **Rourke Baby Record®**
rourkebabyrecord.ca
- **Early Years Check-In**
eyci.ca
- **Play and Learn**
playandlearn.healthhq.ca
- **Ministry of Children, Community and Social Services**
ontario.ca/child

(continued on reverse)

Important 18-month milestones

These milestones mark the progress of young children as they grow and learn.

1. Identify pictures in a book (e.g. “Show me the baby”).
2. Use a variety of familiar gestures (such as waving, pushing, giving, reaching up).
3. Makes at least four different consonant sounds (such as b, n, d, h, g, w).
4. Say twenty or more words (words do not have to be clear).
5. Pick up and eat finger food.
6. Walk up a few stairs or steps holding your hand.
7. Show affection towards people, pets or toys.
8. Look at you when you are talking or playing together.
9. Follow directions using “on” and “under” (e.g. “Put the cup on the table”).
10. Point to at least three different body parts when asked (e.g. “Where is your nose?”).
11. Hold a cup to drink.
12. Help with dressing by putting out arms and legs.
13. Walk alone.
14. Squat to pick up a toy and stand back up without falling.
15. Push and pull toys or other objects while walking forward.
16. Stack three or more blocks.
17. Point to show you something.

Source: Looksee Checklist®

For more information please visit:

ontario.ca/child