This is what it looks like when we read:

I learn from books when you:

Let’s read these books together, too!

I Can Do It Too!
by Karen Baiker
A little girl displays confidence as she helps a younger family member.

Is Your Mama a Llama?
by Deborah Guarino
Rhyming text in which a young llama asks his friends if their mamas are llamas.

Maisy Takes a Bath
by Lucy Cousins
When Tallulah comes to visit at bathtime she decides to join Maisy in the bath to play.

Books teach me about the relationships and roles in my family. I see myself in the characters we are reading about!

You can check out these and other great books in the Monroe County Public Library’s Children’s area!
Your child is becoming his own person. Watch him as he starts to walk, run, and climb with ease.

Your child’s health

The Well Visit
Your child will get vaccinations at 18 months and will have a well visit again at 24 months.

Let your doctor know if your baby:
• Cannot walk on his own.
• Walks only on his toes.
• Does not speak at least 15 words.
• Does not know how to use common objects like a brush, telephone, fork, or spoon.

Nutrition
By 18 months, your child should:
• Eat most foods cut up into small pieces.
• Be drinking from a cup rather than a bottle.

Sleep
Your child should sleep about 14 hours a day. She may now take only one nap a day, usually from about 1 to 3 pm. She should go to bed between 6 and 8 pm.

Nurturing your child

Behavior
Your child is starting to understand rules and consequences. So, it is time to teach your child the right way to behave.

• Praise good behavior. If you point out the good things your child does, he will want to do more of them.
• Ignore small things.
• Never spank. If you are angry, count to 10 before reacting.
• Limit your use of the word “no.”
• Be consistent with your rules.

Sources: Your Baby’s First Year and Caring for Your Baby and Young Child, American Academy of Pediatrics, Steven P. Shelov, MD, FAAP, editor in chief; Understanding Children, Civitas and Richard Saul Woman; KidBasics, Civitas; Healthy Sleep, Happy Child, Marc Weissbluth, MD.

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All infants and toddlers should ride in a Rear-Facing Car Seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car seat’s manufacturer. Any child who has outgrown the rear-facing weight or height limit for his convertible car seat should use a Forward-Facing Car Seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer.
TIPS for parents of Toddlers

Being a toddler is all about ACTION. Encourage continued language development and interest in books and reading by keeping things lively and engaging. Everyday experiences are full of opportunities to engage in conversation and develop language skills. The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ Don’t expect your toddler to sit still for a book
  Toddlers need to MOVE, so don’t worry if they act out stories or just skip, romp, or tumble as you read to them. They may be moving, but they are listening.

■ Recite rhymes, sing songs, and make mistakes!
  Pause to let your toddler finish a phrase or chant a refrain. Once your toddler is familiar with the rhyme or pattern, make mistakes on purpose and get caught.

■ Choose engaging books
  Books featuring animals or machines invite movement and making sounds. Books with flaps or different textures to touch keep hands busy. Books with detailed illustrations or recurring items hidden in the pictures are great for exploring and discussing.

■ Keep reading short, simple, and often
  Toddlers frequently have shorter attention spans than babies. Look for text that is short and simple. Read a little bit, several times a day.

■ Encourage play that involves naming, describing, and communicating
  Set up a zoo with all the stuffed animals. Stage a race with the toy cars. Put your toddler in charge and ask lots of questions.

■ Every day is an adventure when you’re a toddler
  Choose books about everyday experiences and feelings. Your child will identify with the characters as they dress, eat, visit, nap, and play.

■ Ask questions
  Take time to listen to your toddler’s answers. Toddlers have strong opinions and interesting ideas about the world. Encourage your toddler to tell you what he or she thinks. You’ll build language skills and learn what makes your toddler tick at the same time.

■ Play to their favorites
  Read favorite stories again and again. Seek out books about things your toddler especially likes—trains, animals, the moon. These books may extend a toddler’s attention span and build enthusiasm for reading.

■ Not having fun?
  Try a different story or a different time during the day. Reading with a very young child is primarily about building positive experiences with books, not finishing every book you start.

Visit www.ReadingRockets.org for more information on how you can launch a child into a bright future through reading.

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