



Information for You from Your Health Care Team

Developmental Milestones/Activities/Issues Infancy (12-18 Months)

Milestones:

- Responds to name
- Mama and dada specific
- Runs
- Shakes head no
- Walks alone
- Temper tantrums
- Self-feeding
- Can go up and down stairs, often creeping with your help.

Nutrition for your baby:

A balanced diet: two servings each of fruits, vegetables and protein (such as meat, fish, peanut butter), three servings or more of breads and cereals, and four servings of dairy products.

Activities:

- Push/pull toys
- Blocks
- Toy telephone
- Play chase
- Play-dough
- Name parts of body
- Read to him/her

Issues Related to Hospitalization:

Development of trust is important at this age. Your baby meets many different medical staff in the hospital and may become distrustful. Spend as much time as possible with your baby. Bring objects (toys, stuffed animals, blanket) from home that will make your baby feel more comfortable.