

13 to 18 months

Love and warmth

- ☐ Sharing baby's favourite books, songs and games together each day
- ☐ Offering affection and comfort as baby needs
- ☐ Telling baby they're wonderful, loved and important
- ☐ Enjoying the funny moments and delighting in the things baby does

Talking and listening

- ☐ Listening and responding to all the different ways baby communicates with you
- ☐ Remembering that baby can understand much more than they can say
- ☐ Talking to baby in your family's languages, and sharing stories about your whānau
- ☐ Talking about what you're doing, and what baby is doing, so they hear the words that match the actions
- ☐ Reading with baby, pointing to and naming things, and pausing so they can respond

Guidance and understanding

- ☐ Giving baby safe opportunities to practise their new movement skills
- ☐ Showing the gentle, caring and respectful behaviour you want your baby to learn
- ☐ Helping baby play with other children and practise taking turns, sharing, waiting and being gentle with them
- ☐ Understanding that baby needs lots of gentle and patient repetition
- ☐ Offering baby a variety of nutritious foods that they can safely eat by themselves

Limits and boundaries

- ☐ Having a few clear safety boundaries that all the adults caring for baby understand
- ☐ Telling and showing baby what they can do, rather than relying on saying “no!”
- ☐ Trying to plan outings and shopping trips for when baby isn’t tired, hungry or unwell
- ☐ Having a balance of quiet and active times during the day
- ☐ Avoiding TV watching and screen time, except for video calls with friends and whānau

Consistency and consequences

- ☐ Responding to baby in calm, familiar and predictable ways
- ☐ Offering a cuddle or another familiar form of comfort after an upset, so baby learns that relationships can be repaired
- ☐ Noticing and commenting when baby is doing as you’ve asked
- ☐ Choosing your battles wisely and remembering that you can’t force baby to eat or sleep when you would like
- ☐ Taking baby for their Well Child Tamariki Ora check at 15 to 18 months

Structured and secure world

- ☐ Keeping your home and outdoor areas safe as baby become more mobile
- ☐ Keeping small objects, batteries, medicines, cleaning products and other hazards securely out of reach
- ☐ Maintaining family rhythms so baby begins to know what happens at different times
- ☐ Helping baby feel loved, safe and understood as they explore, learn and grow

What feels important to you?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____