

9-18  
MONTHS

# Colorado Early Learning & Development Guidelines

## GETTING COLORADO'S CHILDREN OFF TO A STRONG START

What children experience and learn from birth through third grade lays the foundation for their success. No matter the role we have in kids' lives – whether as first-time parents, teachers, childcare providers, or involved relatives, friends or neighbors – we all play an important part in their development.

The **Colorado Early Learning and Development Guidelines** offer practical tips that everyone can use to help our children get off to a happy and healthy start. Colorado's early childhood advocates and experts spent countless hours creating these Guidelines, which reflect the latest national research and broadly accepted strategies currently used statewide.

### USING THE GUIDELINES IS SIMPLE:

1. Reference the Guidelines to learn about child development.
2. Try out the easy, age-appropriate tips and suggestions to help children learn.
3. Check back with the Guidelines as children grow so you can continue to support their development.

### AS CHILDREN DEVELOP, PAY ATTENTION TO THEIR:

- Physical health
- Feelings and behaviors
- Problem-solving and learning

### KEEP IN MIND:

The Guidelines describe how a typical child develops but it is important to understand that each child learns and grows at his or her own pace. Since all children are different, caregivers should talk with a health care provider or other trusted professional about any questions or concerns. For more information, please visit [EarlyLearningCO.org/contact](http://EarlyLearningCO.org/contact).



[www.ecpac.org](http://www.ecpac.org)  
303-853-1407 / [info@ecpac.org](mailto:info@ecpac.org)



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Children between nine and 18 months old are ready to explore their world and are becoming more mobile. They show strong attachment to the adults in their lives and a fascination with their peers. They practice communication by babbling and they understand and can respond to a growing number of words.

KIDS THIS AGE MAY:	HOW YOU CAN HELP THEM DEVELOP:
<p>Creep on hands and knees or feet, pull up to a stand, using furniture for support.</p> <p>Cruise while holding onto furniture or walk without support.</p>	<p>Encourage them to move to get what they want.</p> <p>Provide “props” such as simple toys with wheels as they experiment with standing and walking.</p>
<p>Point to or indicate parts of the body when asked.</p>	<p>Play naming games about parts of body while holding them or while looking in the mirror.</p>
<p>Use comfort objects, such as a special blanket or stuffed toy, to help calm down.</p> <p>Seek to be close to a parent or caregiver when upset.</p>	<p>Recognize when they have comforted themselves. For example, say, “You found your bear and made yourself feel better.” Hug, smile and laugh with them.</p>
<p>Use two words together, such as “Daddy give.”</p>	<p>Talk and read together. Use new and familiar words or sign language and repeat these words in different ways.</p>
<p>Build a tower with blocks and kick it over, then build it up again and knock it down.</p>	<p>Provide cause and effect toys, like jack-in-the-boxes, and toys with moving parts, like cars, and demonstrate how they work.</p>
<p>Bring a small stool over to reach a toy on top of a shelf, having observed an adult do it.</p>	<p>Encourage them to solve problems. For example, say, “You are working hard on that puzzle.” Help only when they show that they need help.</p>

