

Am I on track?

Don't wait and see. We're here to help.



Your child is almost 18-months old!

Dear parent(s) or caregiver(s),

Did you know that the **18-month mark is an important age to check what your child is doing and saying** and that development is about so much more than just height and weight? That's why staff at Halton Region want you to know how important you are in helping your child stay on track.

Four things you can do to make sure your child is on track:

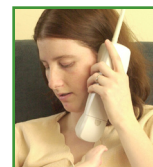
1. **Complete the Nipissing District Developmental Screen™ (NDDS)** found in this package. Complete the purple 15-month NDDS today and the **green** 18-month NDDS when your child is 18-months old.



2. **Take your child to his/her doctor for their 18-month checkup**, and bring the completed **green** 18-month NDDS. Tell your doctor about any 'No's you have checked. Even one 'No' is important to discuss. He/she can make a referral to important services that can help get your child back on track with his/her development.



3. **Call Halton Region if you checked any 'No's.** We have nurses and experts in child development available Monday-Friday, 8:30 a.m. – 4:30 p.m. who can answer any questions you have about your child. We can also link you to nearby community services if needed.



4. **Play with your child every day.** Use the list of activities found on the back of the NDDS for some great ways that promote healthy child development, or visit a community centre such as an Ontario Early Years Centre or the library.



What to expect at the 18-month checkup:

Plan for extra time as this appointment will likely take longer than other well-baby checkups. Write down any questions you have about how your child is doing and take along some favourite small toys.

Your doctor will take a close look at how your child is developing and may explore areas of development like: hearing and vision, how your child moves and plays, speech and language, and self-help skills.

The 18 month well-baby visit is a chance for you to discuss:

- the results of the completed 18-month NDDS
- how your child talks and gets along with others
- your child's day, their likes and dislikes
- any problems or concerns you may have with your child's behaviour
- programs or services in the community that can help you and your family
- your child's 18-month vaccinations

If you have any concerns about how your child is developing, ask! Don't just "wait and see".
When children are this young, much can be done to get them "back on track".



Halton Region
Dial 311 or 905-825-6000
Toll free 1-866-4HALTON (1-866-442-5866)
TTY 905-827-9833
www.halton.ca

Health and Social Services
Working in Partnership.

What are the benefits to tracking my child's development?

It can help you:

- learn more about child development
- be aware of your child's skills and abilities
- increase your confidence as a parent
- identify areas of your child's development that may need extra attention
- link to community services that will support your child's development
- prepare your child for school

Are there checklists for other ages?

Yes. There are **13 NDDS checklists available** for different ages of development, from one month through to six years of age.

All 13 are available for **free** by calling Halton Region.
Dial 311 or 905-825-6000.

What NDDS should I use if my child falls between two of the key stages?

Use the earlier checklist. Examples:

Child's age	NDDS to use
10 months	9-month checklist
20 months	18-month checklist

I do not understand English easily. Does the NDDS come in other languages?

Yes, the NDDS is available in English, French, Spanish, Chinese and Vietnamese. You can find copies in these languages at www.ndds.ca.

How will I know if we need help?

If one or more 'No' boxes have been checked, or if you have questions or concerns about your child's health or development, you may benefit from talking to someone. Talk to your doctor and call Halton Region. Our staff will discuss your responses to the checklist, suggest activities, and if needed, link you to services that will help you meet your child's needs.

How can the "Activities for Your Baby/Child" section help me?

The activities on the back of the NDDS provide are designed to support your child's development in many different areas. Each activity promotes a key area of development and is identified by a symbol. For example, this symbol identifies activities that support speech and language skills:

Children may do well in one area but lag a little in another area. Add these activities to what you have been doing or be reassured that you are already doing activities that are meaningful for your child's development.

Who else should I talk to about my child's development?

Your doctor or your childcare provider can be excellent resources for you because of their knowledge of child development. Take your completed NDDS checklists to them to start off your conversation.

Your doctor will also be able to begin the referral process for accessing services and supports if needed.

By calling Halton Region, we can link you with specialized community agencies as well.

What other services does Halton Region have available for parents?

We provide many services for parents, such as:

- parent education and support
- health information
- programs for children with special needs
- child care subsidy
- and more...

To learn more or to get a list of community agencies, call Halton Region at 311, or visit our website at www.halton.ca.