

# Is my child on track?

Your child is almost 18-months old!

18-months is an important time in your child's development to check in on how your child is learning and growing.

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

**1. Complete the Looksee**

**Checklists** found in this package. The checklists will help you track your child's development by looking at key skills that most children can do by a given age. They also include information about activities that you can do together to support your child's development.



**2. Take your child to their 18-month well-baby visit.** Bring your completed 18-month Looksee Checklist with you. It is a good tool to use to start a discussion with your health care provider about your child's growth and development.



**3. Call Halton Region** if you have any questions about your child's development. Public health nurses are available Monday - Friday, 8:30 a.m. – 4:30 p.m. to answer your questions and link you to helpful services and supports.



**4. Connect, Play and Learn Every day!** Make time for play every day - children learn best through play. Follow the tips on the Looksee checklist or visit your local EarlyON Child and Family Centre or library for information about activities to help your child learn and grow.



What to expect at the 18-month well-baby checkup:

Plan for extra time as this appointment will likely take longer than other well-baby checkups. At this visit, your health care provider will look at many areas of your child's development such as: hearing and vision, how your child moves and plays, speech and language, social-emotional well-being and self-help skills.

This is your chance to ask questions about:

- Managing your child's behaviour
- Feeding your child
- Keeping your child safe
- Taking care of your child's health and social-emotional well-being
- Community programs to support your child's development

This visit helps to identify if your child would benefit from a referral to a community agency that can help them get on track with their development.

**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".**

## Why should I track my child's development?

It can help you:

- learn more about child development
- be aware of your child's skills and abilities
- increase your knowledge and confidence
- 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 **checklists** from one month through to six years of age that are available for **free** by calling Halton Region at 311.

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

Use the earlier checklist.

Examples:

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

## Does the Looksee Checklist come in other languages?

Yes, the Looksee checklist is available in many other languages. You can find copies in other languages at <http://www.lookseechecklist.com/>

## 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, talk to your health care provider. Your health care provider will refer you and your child to services and supports, if needed.

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

Your childcare provider can be a great support to you because of their knowledge of child development. Take your completed checklists to them to start off your conversation.

You can also call HaltonParents. Our team of public health nurses 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.

## What other services does Halton Region have available for families?

We provide many services for families, such as:

- parent education and support
- health information
- programs for children with differing abilities
- child care subsidy

The HaltonParents team of public health nurses is here to help.

## Dial 311

Monday to Friday, 8:30 a.m. to 4:30 p.m.

 [haltonparents@halton.ca](mailto:haltonparents@halton.ca)

 @HaltonParents

 [haltonparentsblog.ca](http://haltonparentsblog.ca)

 haltonparents

To learn more, call Halton Region at 311, or visit our website at [www.halton.ca](http://www.halton.ca).