



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.



9-18
MONTHS

Colorado Early Learning & Development Guidelines

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.</p> <p>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>

