

18 Months

At 18 months, most babies are starting to show significant developmental milestones:

- **Physical development:** Most 18-month-olds are starting to walk independently and may even be able to climb stairs with assistance.
- **Language development:** At this age, babies are starting to say a few words and may be able to follow simple instructions.
- **Cognitive development:** 18-month-olds are becoming more aware of their surroundings and may be able to solve simple problems.
- **Social and emotional development:** Babies at this age are becoming more independent and may start to assert their own will.

ABCs of Safe Sleep

The American Academy of Pediatrics created the ABCs of infant-safe sleep to reduce the number of sleep-related infant deaths. By following the ABCs, you can keep your little one safe. The ABCs of infant-safe sleep are as follows:

- **A - Alone:** Infants should always sleep alone, without other people or objects in the sleep area. This reduces their risk of suffocation and entrapment.
- **B - Back:** Infants should always be placed on their backs to sleep, even for naps. This position reduces the risk of sudden infant death syndrome (SIDS).
- **C - Crib:** Infants should always sleep in a safety-approved crib or bassinet with a firm mattress and a fitted sheet. Soft bedding, pillows, and toys should be kept out of the sleeping area.

