

# THE AGIR TÔT PROGRAM

## THE 18-MONTH VACCINE APPOINTMENT

At 18 months, your child is changing day by day, moving around, communicating more easily and learning to handle objects. **As parents, you are in the best position to observe and keep track of their progress.**

The Agir Tôt program offers all children in Québec a free one-hour appointment for their 18-month vaccine. This appointment will give parents the opportunity to discuss their child's health and development with a nurse using the ABCdaire 18 months+ tool.

### To prepare for this appointment, we recommend that you:

- Watch the [preparatory video](#)
- **Observe your child** during the activities you usually do together
- **Use the checklist on the next page for help on what to look for**

You can also talk to other people who know your child well, such as a daycare educator or another member of your family.

### During the appointment, the nurse will ask you how many words your child can say.

- To be ready to answer this question, pay attention to the words your child **says spontaneously**.
- It's OK if your child **mispronounces** the words. For example, if they say "cuh" for "cup" most of the time, that still counts as a word.
- Onomatopoeia or words that denote **noises should also be counted** ("boom," "meow," "woof," etc.).
- Use the checklist to help you count their words.

You are **not required** to use the ABCdaire 18 months+ tool for the 18-month immunization appointment. However, it's a great opportunity for you to talk to a nurse about your child's development and ask any questions you may have.

Every child develops at their own pace. Should you still have concerns about your child's health or development after the appointment, the nurse may refer you, with your consent, to the Agir Tôt program screening step or to another department to better address your child's needs.

**Agir tôt program: taking early action to address your child's needs.**

For more information, go to: [Québec.ca/AgirTot](https://Quebec.ca/AgirTot)



# Checklist: ABCdaire 18 months+ appointment

## Observing your child:

### When they eat

Do they **pick up their food with their fingers** or with a spoon?

Yes  No

Do they **pick up small foods with their fingers** (for example, a pea or kernel of corn)?

Yes  No

How do they let you know they **want more** food? Do they point, say "more," name the food, etc.?



**Note the words they use**, for example, "apple," "more," "done," "fall down," etc.

### When they play

Do they ever **imitate you**? For example, taking your phone to talk or grabbing a broom to sweep?

Yes  No

Do they use **pencils to scribble**?

Yes  No

What do they do to **draw your attention** to something? Do they point, pull you toward the object, etc.



**Note the words they use**, for example, "vroom," "doll," "hello," "good," etc.

### When they get dressed

Do they **help you**, for example, by putting their arm through a sleeve?

Yes  No

Do they **understand** if you ask them to go get their boots, their shoes, or any other item of clothing?

Yes  No

If so, do you **need to point at** the item so that they understand your instructions?

Yes  No

**Note the words they use**, for example, "hat," "no," "give," etc.



### During other activities

For example, **walking, going to the park, bath time, etc.**

Do they **walk on their own**?

Yes  No

Do they **go up the stairs** upright or on all fours?

Yes  No

At the park, do they try to **connect with other children**?

Yes  No

**Note the words they use**, for example, "bath," "sleep," "outside," "bye," etc.



**My child says about:**  0 to 2 words  3 to 13 words  14 to 44 words  More than 45 words

**Other observations:** \_\_\_\_\_

*In collaboration with the Agir Tôt provincial deployment support team of the Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal and the Centre intégré de santé et de services sociaux de Chaudière-Appalaches.*

