

# 18 Month Visit

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Weight \_\_\_\_\_ Length \_\_\_\_\_ Head Circumference \_\_\_\_\_

% \_\_\_\_\_ % \_\_\_\_\_ % \_\_\_\_\_

## FEEDING:

- Wean your baby from the bottle if not already done to avoid tooth decay.
- Give your toddler 16-20 oz. of whole milk per day (too much milk can decrease appetite for solids and lead to iron deficiency anemia).
- Limit juice intake to 4 oz per day and dilute it with water.
- Avoid foods that your baby could choke on (nuts, hard candies, popcorn, grapes, raisins, hotdogs, large pieces of raw vegetables or fruits, gum).
- Include your toddler in family meals and have your toddler sit for meal and snack times.
- Offer your toddler 3 meals and 2-3 nutritious snacks a day.
- Remember, children of this age often do not eat that much and weight gain is slower than in the first year. Avoid struggles about how much and what your baby eats. If he/she is not eating fruits or vegetables, talk to your pediatrician about starting vitamins.

## SLEEP:

- Encourage 1-2 naps per day. Even if your baby does not fall asleep, a quiet rest time is beneficial.
- Maintain a regular bedtime routine. Reading to him/her can be an enjoyable part of this routine and stimulate language development.

## ELIMINATION:

- If your toddler shows interest in watching you use the toilet, you may want to get a child-size "potty" and let him/her sit on it at will, with diapers on, to practice. But wait until 2 years to start toilet training.

## DEVELOPMENTAL MILESTONES:

- Walks well, may run, climbs stairs, stacks 3 blocks, scribbles, uses utensils.
- Understands commands, points to body parts, knows 7-10 words.
- Plays pretend games and plays with other children.

## BEHAVIOR:

- Temper tantrums are common at this age. Rapidly developing independence may lead to frustration when toddlers do not get their way. This is a sign of emerging competence and autonomy and this behavior is normal!
- Toddlers are no longer easily distracted if they have their mind set on something and do need consistent discipline. This may include verbal reminders of rules and limits and brief time-outs (1 minute for every year of their life).
- Physical punishment is not recommended—children feel violated, hurt and angry when they are hit.
- Praise good behaviors! Children learn faster and better by being rewarded for good behavior than by being punished for bad behavior.

## SAFETY:

- When outdoors, apply sunscreen frequently with a minimum of SPF 30 and PABA-free.
- Supervise your toddler constantly, especially when near water.
- Place gates at stairs on guards on windows.
- Keep medicines and cleaning supplies locked up.
- Never underestimate your child's ability to climb.
- Keep the Poison Control Center phone number readily available: 1-800-222-1222 or (212)-POISONS (764-7667).

## INFECTIONS:

- Expect about 6 upper respiratory infections or "colds" a year. These are caused by viruses and most will not need antibiotics.

## DOSING:

### Acetaminophen Infant Drops (160mg/5mL):

- 12-17 pounds = 2.5mL
- 18-23 pounds = 3.75mL
- 24-30 pounds = 5mL

### Motrin Infant Drops (50mg/1.25mL):

- 12-17 pounds = 1.25mL (2/3 syringe)
- 18-23 pounds = 1.875mL (1 syringe)
- 24-30 pounds = 2.5mL (2/3 syringe twice)

## TODAY'S VISIT:

DTaP    HepA    Influenza (if flu season)

(Any vaccination your child is behind on.)

(Your baby may experience some discomfort, redness or a small lump at the site of the injection. He/she may also develop a fever anytime within a few days after the shots which can be alleviated with Acetaminophen.)

## WHAT'S NEXT?

- Next check-up is at 24 mos. where your baby will receive an exam, lead testing and the influenza vaccine if it is flu season and wasn't given yet (which will need a booster in 1 month).
- Schedule vision and dental visits for your child if not already done.