

18 Month Visit



NUTRITION

You can now replace formula with whole cow's milk- 18 to 24 ounces a day is needed. This provides them with the right amount of calcium but not enough Vitamin D (600IU). We recommend a complete multivitamin or vitamin D supplement to ensure that this need is met. Have your child drink from a cup instead of the bottle. Avoid sugar-based drinks. Please offer your child well-balanced meals three times daily. Children will sometimes skip a meal but they will eat when their bodies are growing or need fuel. Resist the urge to offer multiple meal choices or unhealthy snacks during these times. This is a great time to have your child sit at the table with the rest of the family!

Do not give your child foods that they can choke on such as nuts, popcorn, hard candy, or hot dogs cut into round pieces. Remember to give your child water that is fortified with fluoride, either city water or nursery water.

SAFETY

- New research indicates that toddlers are more than five times safer riding rear-facing in a car safety seat up to their second birthday.
- Watch your child closely for choking hazards.
- Never leave your child unattended in or near a bathtub, toilet, pool, lake or pail of water. If you have a pool, install a pool fence at least 4' tall with that self-closes and latches.
- Keep electrical outlets covered. Keep medicines and poisonous substances out of reach of your child and locked up.
- Keep guns and ammunition locked separately.
- We recommend sunscreen with an SPF of ≥ 30 and insect repellent with 10-24% DEET. Use these products separately as sunscreen needs to be reapplied every 2 hours.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

TEETH

You can begin to brush their teeth with a rice-grain sized smear of fluoridated toothpaste daily.

IMMUNIZATIONS

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness or redness at the vaccination site within 48 hours of the vaccination. You may give acetaminophen every 4-6 hours as needed for fever or fussiness. **Please refer to our website for a dosing calculator. You can also access the most up-to-date Vaccine Information Sheets from the CDC.**
DTaP Hepatitis A Influenza (flu)

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NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ cm (_____ %)

DEVELOPMENT

At this age you may notice your baby:

- Walks faster or runs. Climbs stairs with help.
- Tries to kick or throw a ball
- Stacks two to three blocks
- Uses a spoon/fork well
- Speaks ten to twenty words. Points to body parts.
- Copies your actions

PROMOTING DEVELOPMENT

- Expect your child to start to combine 2 words over the next 6 months Continue to read to them.
- Offer blocks, crayons, shape sorters and easy puzzles
- Offer balls to throw and kick. Expect walking up stairs and jumping over next 6 months.
- Let your child watch others using the toilet and discuss it in a positive light.

DISCIPLINE

- It is normal for your child to have tantrums. Please ignore these and your child should eventually develop control over them.
- Limit setting is important for a toddler. If your child is getting into something off-limits, say a firm "no" and re-direct your child. If the child persists, remove the offending object, move your child to another room, or briefly give your child a "time-out" in a playpen, a chair, or a corner of the room. A time-out at this age should be about one minute in length.

FOCUS ON FAMILY

- This age can be difficult, especially if your child is strong-willed. It is normal to feel frustrated at times.
- Spend time together as a family. This is a good time, if you haven't already done so, to start eating meals as a family.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

Next visit at 24 months (2 years)