



18 Month Visit

Name _____

Today's Date _____

Weight _____

Length _____

Head Circumference _____

% _____

% _____

% _____

FEEDING:

- Give your toddler 16-20 ounces of milk per day
- Wean the bottle if not already done. Prolonged bottle-feeding is associated with tooth decay.
- Limit juice to 4-6 ounces a day and consider diluting it with water.
- Offer 3 meals a day and 2-3 nutritious snacks a day.
- Avoid foods that your toddler could choke on (nuts, hard candies, popcorn, grapes, raisins, hotdogs, large pieces of raw vegetables or fruit, chewing gum).
- Include your toddler in family meals and have your toddler sit at meal and snack time.
- Avoid struggles about how much and what your toddler eats. If your toddler is not eating fruits or vegetables, talk to your health care provider about starting a vitamin.

ELIMINATION:

- Most toddlers are not ready for toilet training until at least 2 years old.

- If your toddler shows interest in watching you use the toilet, you may want to get a child-size "potty" and allow your child to sit on it at will, with diapers on, to practice.

SLEEP:

- Maintain a regular bedtime routine. Reading to your toddler stimulates language development and can be an enjoyable part of this routine.
- Encourage a nap 1-2 times per day. Even if your toddler does not fall asleep, a quiet rest time is beneficial.

TYPICAL DEVELOPMENTAL MILESTONES:

- Understands commands, points to body parts, may put 2 words together.
- Plays pretend games (talking on telephone, hugging a doll, etc...).
- Likes to play with other children.
- Walks quickly, may run, walks up stairs with hand held.
- Eats with spoon and fork, scribbles with crayons.

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.
- 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:

- Supervise constantly, especially when your toddler is near water.
- Keep your toddler's environment smoke free.
- Keep medicines and cleaning supplies in locked cabinets.
- Place gates at stairs and use window safety guards.
- Keep the Illinois Poison Control Center phone number readily available (1-800-222-1222).

FURTHER READING:

Caring for Your Baby and Young Child.

Birth to Age 5 (AAP)

Solve Your Child's Sleep Problems

(Ferber)

www.healthychildren.org

**DOSING OF ACETAMINOPHEN
INFANT ORAL SUSPENSION (160
mg/5mL):**

18-23 pounds = 3.75 mL (120 mg)

24-35 pounds = 5 mL (160 mg)

TODAY'S IMMUNIZATIONS:

- Influenza if fall/winter season (and not given previously this season)

WHAT'S NEXT?

- Next Check-Up is at 2 years old. Your child will receive a physical exam and Hepatitis A vaccine.
- Annual influenza vaccine is recommended for all children over 6 months old. If your child has not received one this season and is not scheduled for a check-up this fall or winter, call to schedule an appointment for the influenza vaccine this fall.

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