

18th Month Visit

Date:

NUTRITION

Your child's diet should be primarily table foods and whole milk. The amount they eat will vary. Continue to offer healthy foods. Do not substitute unhealthy choices just to get them to eat and do not keep offering different options other than what was originally served. They should be using a sippy cup and no longer using a bottle. Let your child feed him or herself. Continue to offer refused foods. Children at this age do not need juice. If you choose to give your child juice, then limit to no more than four ounces per day. If your child does not consistently eat from all food groups, offer a multivitamin with iron.

SAFETY

Continue to use an appropriate car seat. Follow the height and weight guidelines on the car seat. The current recommendation is to leave the child rear facing until two years old. Be sure your house is as "child-proof" as possible. Children at this age need constant attention and guidance. They are explorers and have no sense of fear. Get down on the floor and observe from their perspective. Some general guidelines:

Cover outlets, secure electrical cord and make sure blind cords are out of reach.

Make sure all chemicals, medications, cleaners and other hazardous materials are out of your child's reach.

Watch for hazardous items such as pins, coins, medications and plants.

Lower the crib mattress to the lowest position and remove the crib bumper.

The kitchen is a dangerous place. Keep knives out of reach. Cook on the back burners to reduce the risk of burns.

Falls are common as children learn to walk. Install gates and window guards.

The water heater should be set below 120 F to prevent accidental burns.

Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

IMMUNIZATIONS

Hepatitis A.

Possible side effects include:

Fever

More irritability or fussiness

Redness or swelling at the site of the shot

You may give your child acetaminophen or ibuprofen.

Next visit at 2 years

MEASUREMENTS

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

At this age you may notice your baby:

Walks steadier and faster

Tries to kick or throw a ball

Climbs stairs with help

Stacks three to four blocks

Uses a spoon well

Speaks five to ten words and begins to use "I," "me" and "you"

Knows body parts

Copies your actions

Says "no," tests limits and may have tantrums

PROMOTING DEVELOPMENT

Encourage your child to repeat words.

Avoid TV and videos.

Let your child watch others using the toilet but do not force toilet training.

Avoid baby talk with your child. Speak to them like you speak to other adults and expect that they will understand you.

Continue to set and maintain limits for your child. Be as consistent as possible.

Try to reward desired behaviors rather than always focusing on negative behaviors.

FOCUS ON FAMILY

This age can be hard, especially if your child is strong willed. Remember that you are the boss. It is normal to feel frustrated at times.

Spend time together as a family. This is 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.

