

18 MONTH VISIT

Child's name: _____

Today's Date: _____

TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

HEAD CIRCUMFERENCE: _____ (_____ %ile)

POISON CONTROL

1-800-222-1222

CHILD SAFETY SEAT INSPECTION

seatcheck.org

TYLENOL DOSE (ACETAMINOPHEN) INFANTS & CHILDRENS

18-23 lbs 3.75mL

24-29 lbs 5 mL

MOTRIN/ADVIL DOSE (IBUPROFEN)

Infants (50mg/1.25mL)

22-27 lbs 2.5mL

28-32 lbs 3.13mL

Childrens (100mg/5ml)

22-27 lbs 5mL

28-32 lbs 6.25mL

Your Child's Behavior

• You may feel as though the terrible twos arrived early. Your child may be testing limits, saying "no", and having temper tantrums. This is because your child is curious and feels more independent. Toddlers want to do things on their own. They may resist your help with getting dressed or eating. Your child may get easily frustrated and be independent one moment and clingy the next

• Be patient and know what to expect of your child - this will make things easier. So will childproofing and house and creating spaces where he can play freely

• Do not rush your child - let him eat with a fork even if mealtime takes longer

• Before you switch from one activity to another, tell your child ahead of time

• Do not spank or hit your child

• Teach your child not to hit, bite, or hurt other people or pets

• Praise good behavior

• Set consistent limits

• Play with your child each day by doing things he likes

• Keep time-outs brief. Tell your child in simple words what he did wrong

• During temper tantrums, do not yell or give in.

Encourage your child to express his emotions or redirect his attention to something else. If you get overly angry or frustrated, put your child in a safe place and take a few moments to calm down

• Expect your child to cling to you in new situations

• Do not expect a toddler to share



Immunizations

- DTaP (Diphtheria, tetanus, and pertussis)
- Hepatitis A (Recommended but not required)

Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

Contact your doctor if symptoms are severe or last longer than 48

NEXT VISIT

2 1/2 years of age

FOCUS ON FAMILY

- This age can be hard, especially if your child is strong-willed. It is normal to feel frustrated at times. Talk with your partner about how to handle these moments. Taking time for yourself and sharing your feelings with friends or other parents helps
- Make time for the whole family to be together. This may include mealtimes, bedtimes, and vacations
- Spend time alone with each of your children

Nutrition

- By now, you should not be giving your child bottles
- Keep offering your child different foods even if he is picky. It can take 10-15 tastes of a new food before your child will accept it
- Let your child feed himself
- Offer mostly table foods. Do not give your child small, hard, and round foods that he can choke on, such as nuts, popcorn, and whole grapes
- Give your child milk in a cup, not more than 24oz a day. Offer calcium-rich foods such as yogurt and cheese

Sleep

- Nightmares or bedtime fears can start at this age, and it is okay to respond quickly and comfort your child. But continue to put your child down while awake and allow him to fall asleep in his own bed
- Most children this age still take a nap during the day

Toilet Training

- Signs of being ready for toilet training include:
 - Dry for 2 hours
 - Knows if he is wet or dry
 - Can pull pants up and down
 - Wants to learn
 - Can tell you if he is going to have a bowel movement
- Praise sitting on the potty even with clothes on
- Take your child to choose underwear when he feels ready to do so

Safety

- Children at this age need constant attention and guidance. They are explorers and have no sense of fear. This means that they can quickly climb playground equipment, go up stairs, and explore electrical outlets and medicine cabinets
- Use a car seat that is convertible and rear-facing for as long as your child meets the seat's weight and height recommendations, or at least until she is two years old
- Keep following safety guidelines when your child is close to water, near stairs, or on high surfaces. Kids can climb onto counters and tables quickly
- Cook on the back burners of your stove to reduce risk of burns
- Make sure that all chemicals, medications, cleaners, and other hazardous materials are out of your child's reach
- Be sure to watch your child closely when visiting friends and family who have not baby proofed their home
- Put a hat on your child and apply sunscreen with at least SPF 30 when she is outdoors
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you have guns in your home, keep them unloaded, locked, and stored away from ammunition
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org



ADDITIONAL RESOURCES

- American Academy of Pediatrics, aap.org
- Immunization Information
 - immunize.org
 - cdc.gov/vaccines
 - vaccine.chop.edu