



**Southeastern
Pediatric**
ASSOCIATES, P.A.

18 Month Well Visit

**18
Month**

At this visit, your doctor will...

- Check your toddler's weight, length and head circumference
- Do a screening test that helps identify developmental delays or autism
- Do a physical exam with your baby undressed while you are present to include: eye exam, tooth exam, listening to the heart and lungs, and paying attention to your toddler's motor skills and behavior.
- Discuss baby's development
- Address any concerns/questions you may have
- Immunizations: 18 Month scheduled vaccines (see Immunization Schedule) (consider giving baby Tylenol just before this check up - see Medication Dosing Chart)

Eating

- Continue giving your child cow's milk rather than low fat or skim milk for the first 2 years.
- Serve iron-fortified cereal and iron-rich foods, including meat, poultry, well-cooked leafy greens, and beans.
- Offer your toddler 3 meals and 2-3 nutritious snacks a day.
- Growth slows down in the second year of life so don't be surprised if your child's appetite has decreased.
- Your child can drink from a cup and may be able to use a spoon but probably prefers to eat with his/her fingers.
- Serve juice in a cup and limit it to no more than 4 ounces (120 ml) a day.
- Avoid foods that are high in sugar and fat and low in nutrients including sugary drinks like soda.
- Avoid small, hard foods that can cause choking: nuts, popcorn, hot dogs, grapes, and raw veggies.
- As you introduce more foods and whole milk, the appearance and frequency of your child's poopy diapers may change. Let your doctor know if your child has diarrhea, is constipated, or has poop that's hard to pass.

Tips

- Consider joining or starting a toddler playgroup
- If you have more than one child, spend time with each
- Make sure you are taking care of yourself
- Always ask us if you need help finding resources for your family

Sleeping

- There's a wide range of normal, but generally toddlers need about 12 to 14 hours of sleep a day, including one or two daytime naps. By 18 months, most toddlers will give up the morning nap.
- Make the hour before bedtime calm and comforting
- Have a bedtime routine which involves reading, singing or both
- Choose a bedtime for your child and stick to it. Earlier is better.
- Try to put your child to sleep while drowsy, but still awake
- If your child wakes up at night, reassure, and give blanket or toy to hold. Keep interaction brief.

Routine Baby Care

- Create time for you and your family to be together.
- Keep outings with your toddler brief - 1 hour or less.
- Teach your child not to hit, bite or hurt other people or pets.

Healthy Teeth

- Continue to brush your child's teeth twice a day after breakfast and before bed with a soft toothbrush. Use a small smear of fluoride toothpaste (the size of a grain of rice) and water.
- Any concerns or problems with teeth should be examined by a dentist, but regular teeth cleanings are typically recommended at 3 years of age. Some dentists will schedule an exam (without cleaning) between 18 months - 2 years.

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures

Development

- Toddlers learn best by interacting with you and other people.
- Show your child how to use words:
 - Use words to describe your child's feelings.
 - Describe your child's gestures with words.
 - Use clear, simple phrases to talk to your child.
 - When reading, use simple words to talk about pictures.
- Allow your child to choose between 2 good options. For example, he/she could choose which book to read or which fruit to have at snack time.
- Your child may be independent or clingy as they learn to navigate new situations. This is normal. Be patient.
- Play with and read to your child often.
- Play interactive games such as peekaboo and patty cake. Name baby's features as you touch them (Ex. hand, nose, ears, mouth, etc).
- Limit screen time for your toddler (TV, videos, computers, phones). Less than one hour a day is best. Find quality programming to watch with your child.

By 18 months*, it's common for many toddlers to:

- Say 10-20 words
- point to some body parts
- run
- walk up stairs with hand held
- throw a ball
- help with dressing and undressing
- scribble with a crayon
- engage in pretend play

*All children develop at different rates, and meet developmental milestones differently. Talk to baby's doctor if you have any concerns.

Medication

- Always follow the advice of your doctor when giving any medication.
- Use our Medication Dosing Chart as a guideline for the appropriate dose of Tylenol (acetaminophen) or Advil/Motrin (ibuprofen) to give baby.

Poison Help: 1-800-222-1222

Safety

Car Safety

- Always use a car safety seat properly. Place the seat rear-facing in the back seat until your child is 2 years of age or until he/she reaches the highest weight or height allowed by the car safety seat's manufacturer. Never place the car safety seat in the front seat with a passenger airbag. (www.seatcheck.org)
- Never leave baby alone in the car
- Always wear a seat belt, and do not drive under the influence of alcohol or drugs

General Safety

- Make sure places your child stays and plays are safe
- Watch child closely on stairs, and in any room where he/she may get hurt
- Keep up with childproofing:
 - Place gates at the top and bottom of stairs
 - Move furniture away from windows
 - Lock up all cleaning cleaning supplies, medicine, and poisons. Call Poison Help if your baby eats them.
 - Lock away matches, lighters, cigarettes, alcohol, knives and scissors
 - To prevent drowning, close bathroom doors, keep toilet seats down, and always supervise around water (including baths). Make sure to empty tubs, sinks and pools of water immediately.
 - Keep your child away from pot handles, small appliances, fireplaces, and space heaters
 - Have a working smoke detector on every floor of your home

When to Call

Fever: Rectal temperature above 100.4°
If you suspect that your baby is not acting normal for any reason

Date:

Weight:

Next Visit: **2 Year Well Visit with Immunizations**

For information on 2 Year Well Visit:

www.southeasternpediatrics.com

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures