



Well Child Handout: 18 Month Visit

Feeding:

Weight gain continues to be slower than during the first year of life and food struggles may continue. The amount your child eats will continue to vary day by day and this is okay! Let your child feed themselves and offer mostly table foods. Continue to be conscious about giving your child foods that they can easily choke on. Most children drink around 16-24 ounces of whole milk per day and you should give your child milk in their cup. If your child does not like milk, continue to offer other calcium rich foods such as cheese or yogurt. We do not recommend juice.

Sleeping:

At 18 months, nightmares or bedtime fears can start or continue. It is okay to respond quickly and comfort your child. Put your child to bed while they are awake and let your child fall asleep in their own bed. Most children at this age still nap during the day but may combine their daytime sleep into one nap. Encourage your child's interest in books by reading a few with your child every night before bed. Continue to keep the crib mattress lowered so that your child does not jump out at night. If you have concerns about your child's sleep habits, please let us know.

Development:

All children develop at different rates. At eighteen months, you may notice your child: walk steadier or faster, try to kick or throw a ball, climb stairs with help, stack 3-4 blocks, turn pages of books, use a spoon well, speak 5-10 words and start to use "I," "me," and "you", know body parts, keep good eye contact, point out interesting objects, copy your actions, say "no," and have tantrums. To help promote development, let your child choose between two choices which are okay with you. Speak to your child clearly in an adult language and encourage them to repeat words. Describe their activities as they are doing them. Scribble, sort shapes, and stack blocks with your child and continue to keep reading to your child daily. Let your child watch others using the toilet but do not force toilet training. Your child should have had their first dental visit and they should continue to see a dentist twice/year. You should brush your child's teeth twice a day with a small smear of fluoridated toothpaste.

Discipline:

You may feel like the terrible two's are already here! Around this age, children may continue to test limits. Practice saying "no." Temper tantrums may occur because your child is curious and feels more independent. When your child bangs a spoon on a table, they are learning different sounds. When your child throws a cup and watches it fall, they are learning cause and effect. At this age, toddlers want to do things on their own. Your child may resist your help in getting dressed or eating. Your child may get upset when they can't do something or when you do not understand what they are trying to tell you. This can often lead to temper tantrums. Be patient and know what to expect of your child and this will make things easier. Do not spank or hit your child.

Praise good behavior and set consistent limits. If you are overly frustrated or angry with your child, put them in a safe place, and take a few moments to calm down.

Safety:

Children at this age need constant attention and guidance. They are explorers and have no sense of fear. This means they can quickly climb playground equipment, go up stairs, and explore places such as electrical outlets and medicine cabinets. Continue to keep your child's car seat rear-facing until they are two years old. Continue to follow safety guidelines if your child is near water, close to stairs, or near high surfaces. It is a good idea to learn infant and child CPR and the age-appropriate Heimlich maneuver. 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. Continue to be cautious when visiting the homes of friends or family who are not baby-proofed. Put a hat on your child when outdoors and apply a sunscreen with at least SPF 30 when they are outdoors. Make sure that your child's toys do not have sharp edges or things that can break off. Keep the Poison Control Center helpline phone number on hand 1-800-222-1222.

Immunizations:

We support the American Academy of Pediatrics recommended immunization schedule. Your baby received the second dose of Hepatitis A at today's visit. At the 24 month well visit, your baby will receive the second dose of Hepatitis A if they did not receive their second dose at today's visit. We are happy to discuss your immunization questions and provide you with resources on the importance of immunizations and immunization safety.

When to Contact Us: There is a physician available for an emergency at all times. If it is a less urgent matter, please wait until the office is open at 9AM on weekdays before calling. If you have a question about acetaminophen (Tylenol) or ibuprofen (Motrin) dosing, please refer to our dosing chart located in the menu bar on our website, www.serenityped.com.

- Temperature of 100.4 or higher
- Crying excessively or is inconsolable
- Difficulty or troubled breathing (breathing FAST or HARD)
- Is listless or lethargic or feeding poorly
- Vomiting forcefully and repeatedly
- Bluish discoloration to the torso or lips
- Any other questions or concerns that you have- we are here for you!

Next Visit: _____ @ _____AM/PM for 24 month well visit.

We look forward to seeing you at your next visit! If you have ANY questions or concerns, please call our office at (248) 533- 0000 or email us at info@serenityped.com!