

18 Month Check-Up

ASSERTING ONESELF, A PUSH-PULL PROCESS

Name _____

Weight _____ lbs. _____ oz.

Age _____

Length _____

Date _____

Head Size _____

DIET

Your toddler should be eating at family meal times. Because of her high-energy needs and continued fast growth, she will need three scheduled meals and two scheduled snacks. The snacks should be spaced two hours after one meal and two hours before the next meal. Let her choose how much she wants to eat of the variety of nutritious foods you serve. Try to make meals an enjoyable family time and avoid food battles. Make sure that foods are cut into small pieces. Do not give hard foods and never let her walk around while eating because of the risk of choking. A choking child may not be able to make any sound; therefore an adult must be present when your child is eating. All drinks should now be in a cup. Drinking from a bottle can lead to tooth decay and ear infections.

DEVELOPMENT

Your 18-month-old is continuing to become her own person. One minute she insists on independence, the next she clings fearfully to you. She may exhibit negative behaviors. They are not meant to be aggressive, but serve as a means to assert herself and find her own identity. Extra patience and a sense of humor can help you with the tough task of continually reinforcing the limits you have set. Minor issues should be dealt with by distraction. The key to successful limit setting is being consistent.

Be brief and clear about which misbehavior has occurred (i.e., "No biting!" "You bit!"). Then separate her briefly. Her behavior can be frustrating at times, but her delight in new found achievements can bring a sense of joy to all who love her. Your 18-month-old can truly light up the room.

Your toddler is learning new words. Continue to talk to and read to your child. She will learn how to talk by listening to you and others. All children learn to talk at very different rates. Even if your child has few words, she is able to understand most conversation. You can help her language grow by showing and naming a lot of things around her. Your child copies your behavior so remember to be a good role model.

At 18 months, most toddlers are not yet showing signs that they are ready for toilet learning. Your child may report to you that she is wet/soiled. She will be curious about the use of the bathroom by others.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also)

- Toddler proof your home. Make it safe with as few temptations as possible so that your toddler can explore and learn. A safe home requires constant adult supervision.
- Be sure your child rides in a properly fitted car seat in the rear seat of the car. Backward facing remains the safest position.
- Hold onto your child in traffic areas and in parking lots. Drivers in cars cannot see young children.
- Always supervise outdoor play.
- Remember to use sun screen.
- Continuously watch your child around any water. Toddlers are top heavy and can fall into toilets, pails etc. and drown in just inches of water.
- Be sure your child rides in a properly fitted car seat in the rear seat of the car.

IMMUNIZATIONS

DTaP	Given/Not given
HIB	Given/Not given
Pneumococcal	Given/Not given
Hepatitis A	Given/not given
Influenza	Given/not given

Next health care visit is when your toddler is _____ years old.

COMMENTS
