

Princeton Nassau Pediatrics, P. A.

18 Month Well Visit

What your baby may be doing now:

- Say 6-10 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
- drink from a cup and use utensils
- Sleeping 12-14 hours daily including 1 or 2 daytime naps

Feeding:

- Child should be drinking only from a sippy cup or other cup
- Allow your child to use utensils even if things are messy
- Offer your 16-24 ounces of whole milk
- Feed your child 3 meals daily plus two snacks
- Offer a variety of healthy foods every day from all food groups. Allow your child to decide when he or she is full
- Picky eating is normal at this age, do not make meal time a battle
- If you do not use fluoridated water, your child may need a fluoride supplement.

Parenting:

- Brush teeth with a soft toothbrush twice daily. Use a small amount of fluoride containing toothpaste, no more than the amount of a grain of rice
- Say “no” to your child when necessary, and remove him from the dangerous situation. Avoid yelling or spanking.
- Set appropriate limits and make sure all caregivers are consistent
- If your child has a tantrum, try to ignore it, or distract her with something else.

- It is ok to use time outs but keep them brief
- Read books to your child, pointing out pictures
- Start teaching your child about potty training, especially if they can indicate if they wet or dry

Safety

- Children should be in a rear facing car seat until they are 2 years old AND 30 pounds.
- Drivers can't see small children. Be careful to watch your child in your driveway and in parking lots and always hold hands.
- Avoid falls from a crib. Be sure your crib mattress is at the lowest setting, and if your child is climbing out consider switching to a toddler bed.
- Always supervise your child when near water
- Use a sun screen with SPF of at least 30 whenever you are out.
- Prevent choking by keeping small objects and toys out of your child's reach.
- Childproof your home by covering electrical outlets; installing cabinet latches and keeping cleaning products out of reach
- Keep gates at the top and bottom of stairs
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number available: 1-800-Poison-1

When to call the office:

- If your child has vomiting and diarrhea for more than a day, is acting very sluggish or irritable, has trouble breathing, has a fever over 102°F, or if you have other concerns.

- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines/Tests at this visit:

- [DTaP](#)
- [Flu shot](#) (in season)
- [PNP Vaccine policy](#)

Your child may have a mild fever or fussiness after his vaccines today. You may use Tylenol or Motrin every 4-6 hrs as

needed over the next 2 days as per [dosing chart](#)

Web Resources

- www.aap.org
- [Temper tantrums](#)
- [Communication and your child](#)
- www.zerotothree.org
- [Learning, play and your child](#)
- [Toilet training basics](#)
- [Children's Hospital of Philadelphia Vaccine Website](#)