



Information for the 18 Month Well Visit

Vaccine Needed	Vaccines given at the 18 month visit	Vaccines given at the 24 month visit
Dtap	4th of 5 total doses	
Hepatitis A		2nd of 2 total doses
Influenza	Given every fall if not already received for the current influenza season	Given every fall if not already received for the current influenza season

Category of Milestones	Expected Milestones for 18 months	Future skills expected around 24 months
Social-Emotional	<ul style="list-style-type: none"> - Moves away from you, but looks to make sure you are close by - Points to show you something interesting -Puts hands out for you to wash them - Looks at a few pages in a book with you -Helps you dress him by pushing arm through sleeve or lifting up foot 	<ul style="list-style-type: none"> - Notices when others are hurt or upset, like pausing or looking sad when someone is crying -Looks at your face to see how to react in a new situation
Language and Communication	<ul style="list-style-type: none"> - Tries to say ≥ 3 words besides mama or dada - Follows 1-step directions without any gestures, like giving you the toy when you say, "Give it to me." 	<ul style="list-style-type: none"> - Points to things in a book when you ask, for example, "Where is the bear?" - Says at least 2 words together, like "More milk." -Points to at least 2 body parts when you ask him to show you -Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes
Cognitive	<ul style="list-style-type: none"> - Copies you doing chores, like sweeping with a broom - Plays with toys in a simple way, like pushing a toy car 	<ul style="list-style-type: none"> - Holds something in 1 hand while using the other hand, for example, holding a container and taking the lid off -Tries to use switches, knobs, or buttons on a toy - Plays with > 1 toy at the same time, like putting toy food on a toy plate

Motor	<ul style="list-style-type: none"> - Walks without holding onto anyone or anything -Scribbles -Drinks from a cup without a lid and may spill sometimes -Feeds herself with her fingers -Tries to use a spoon -Climbs on and off a couch or chair without help 	<ul style="list-style-type: none"> - Kicks a ball - Runs -Walks (not climbs) up a few stairs with or without help -Eats with a spoon
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Safety Tips and Recommendations	
Sleep Safety	<ul style="list-style-type: none"> ● Brush teeth with a soft toothbrush and a “grain of rice” amount of toothpaste twice a day. ● Once your child attempts to climb out of the crib, transition them to a toddler bed to limit their fall risk.
Car and Outdoor Safety	<ul style="list-style-type: none"> ● Children must be rear facing in the back seat until at least 2 years of age. ● Choose sun protection clothes, hats and sunglasses when outside in direct sunlight. Apply sunscreen. ● Stay within arms reach at all times when near water to prevent drowning.
Food Safety	<ul style="list-style-type: none"> ● Expect your child to become more picky with food. Continue to offer the same foods the adults are eating at dinner. Do not make the child a separate meal. ● If the child does not eat their dinner, do not offer them extra snacks after the meal. If the child shows an interest in food later on, offer the previous dinner plate with the same food.
Indoor Safety	<ul style="list-style-type: none"> ● Remove small toys, marbles, game pieces, loose change and other choking hazards from the baby’s reach. ● Store cleaning products on high shelves or behind child proofed cabinets. ● Poison Control Number: 1-800-Poison-1
Positive Discipline and Behavioral Recommendations	<ul style="list-style-type: none"> ● Overly praise good behaviors to reinforce the desired behavior. ● Ignore unwanted behaviors, especially temper tantrums. Walk away or use distraction techniques. ● Save the word “NO” for dangerous situations when you need the child to stop immediately for their safety. ● Talk to your child about using the potty. Bring them with you when you use the toilet to normalize the experience. Read books about using the potty. ● Read to your child every day.