



18 Months

Your sweet little baby has grown up into a toddler, entering a world of boundless energy, curiosity, independence and negativism. Now that you are a parent of a toddler, plan on many new challenges.

Developmental and Milestones

- Walks fast, walks upstairs with one hand held, and kicks a ball.
- Uses four to ten words and may combine two-word phrases.
- Understands simple directions.
- Points to some body parts correctly.
- Shows affection.
- Feeds himself or herself; drinks from a cup adequately and uses a spoon.
- Imitates a crayon stroke on paper.
- Will sit for a short time and look at pictures in a book.

Parenting and Behavioral:

- It is best to keep rules to a minimum. Be firm and consistent.
- Encourage your toddler to make choices whenever possible.
- Keep time outs to two minutes. Reassure the toddler once negative behavior has stopped.
- Avoid power struggles.
- Do not expect the toddler to share toys.
- Pushing the toddler for early toilet training will only make them rebel and be in diapers even longer. Discuss toilet training with your pediatrician.
- Hitting and biting are common at this age.

Feeding and Nutrition

- Appetite is going to continue decreasing during the toddler years.
- Develop a "take it or leave it" attitude, and do not engage in battles over eating.
- Children at this age will determine the amount of food they need.
- Share meals as a family whenever possible.
- Make meal times pleasant and encourage conversation.
- Try to avoid snacking between meals.
- Should only be drinking from a cup and using utensils pretty well.

Sleep

- Encourage your toddler to console himself or herself by putting him or her to bed awake.
- Prepare strategies to deal with night awakening, night fears, nightmares, and night terrors.
- Children this age frequently start to resist going to sleep.
- May start to give up at least one nap.
- Never put your child to bed with a bottle.

Oral Health

- Brush your child's teeth with a tiny, pea sized amount of fluoridated toothpaste.
- Give your child fluoride supplements as recommended by your pediatrician.

When to Call or See Your Pediatrician

- Fever.
- Vomiting.
- Diarrhea.
- Unusual skin rashes.
- Anything out of the ordinary.

General Health and Safety

- Use toddler car seat.
- Secure gates at stairwell.
- Smoke free environment.
- Use sunscreen.
- Avoid overexposure to sun.
- Poisons, medications and toxic household products should either be excluded from the home or kept in a locked cabinet.
- Never leave unsupervised in or near a swimming pool, bathtub, bucket of water, ditch, well or bathroom.
- Choose caregivers carefully.
- Watch your child carefully around dogs.
- Keep toddler away from moving machinery.

Immunizations

(Only if not received at 15 Month Well Check)

- DTaP (Diphtheria, Tetanus, and Pertussis)
- HIB (Haemophilus Influenza)
- HAV (Hepatitis A)

Date _____

Your Next Visit: 2 Year

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

Head

Circumference _____ Percentile _____

