

# The Pediatric Center

Boulder, CO  
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## 18 MONTH VISIT



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### TODAY'S MEASUREMENTS

Head Circumference

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Height

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Weight

\_\_\_\_\_ pounds \_\_\_\_\_ ounces ( \_\_\_\_\_ percentile)

### IMMUNIZATIONS

Your child may receive these shots:

DTaP (diphtheria, tetanus and pertussis)

Hepatitis A

HIB (haemophilus influenzae)

Pneumococcal conjugate

Influenza

Possible vaccine side effects are rare but may include:

- Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot
- Rash

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

**Next Visit:** Two years of age

### NUTRITION

By now you should no longer be giving your child bottles. Keep offering your child different foods even if he or she is picky. It can still take 10 to 15 tastes of a new food before your child will accept it.

- Let your child feed himself or herself.
- Offer most table foods. Do not give your child small, hard and round foods that he or she can choke on such as nuts, popcorn, whole grapes or cut up hotdogs.
- Limit juice to no more than four ounces a day.
- Give your child whole milk but not more than 24 ounces a day. If your child does not drink at least 16 ounces of milk a day, serve other calcium-rich foods such as yogurt and cheese daily.

### SAFETY

- Children at this age need constant attention and guidance. They are explorers and have no sense of fear. This means that they can quickly climb playground equipment, go up stairs and explore electrical outlets and medicine cabinets.
- Use a car seat that is convertible and rear-facing for a long as your child meets the weight and height recommendations or at least until he or she is two years old.
- Keep following safety guidelines when your child is close to water, near stairs or on high surfaces. Kids can climb onto counters and tables at this age; some will climb out of their crib.
- Cook on the back burners of your stove to reduce the risk of burns.
- Make sure that all chemicals, medications, edibles, cleaners, button batteries, small magnets and other hazardous materials are locked away, out of your child's reach.
- Be sure to watch your child closely when visiting friends and family who have not babyproofed their home.
- Put a hat on your child and apply sunscreen with at least SPF 30 when he or she is outdoors.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked in a gun safe and stored away from ammunition.
- If you are worried about violence in your home, speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or ndvh.org
- Keep the Poison Control Hotline posted on your refrigerator: 1-800-222-1222

## FOCUS ON FAMILY

- This age can be hard, especially if your child is strong-willed. It is normal to feel frustrated at times. Talk with your partner about how to handle these moments. You may want to talk about your parenting styles and how you were disciplined as a child. Taking time for yourself and sharing your feelings with friends or other parents can help.
- Make time for the whole family to be together. This may include mealtimes, bedtimes and vacations.
- Spend time alone with each of your children.

## TOILET TRAINING

Some children will show signs that they are ready to be toilet trained. These include watching others in the bathroom, asking for diaper changes, copying others, pulling their pants up and down and using words for urine and bowel movements.

- If your child shows such signs, buy a potty and encourage him or her to sit on it at regular times.
- Praise your child's attempts to sit on the potty.
- If he or she resists, place the potty in the family room or let your child sit on it with clothes on to get used to it.
- Never force toilet training or punish your child for accidents.

## SLEEP

- Encourage interest in books by reading a few with your child every night before bed.
- Nightmares or bedtime fears can start at this age, and it is OK to respond quickly and comfort your child. But continue to put your child down while awake and allow him or her to fall asleep in his or her own bed.
- Most children this age still nap during the day, although many may combine their daytime sleep into one nap.
- If you have questions about your child's sleep habits, ask your doctor for help.

## DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your baby:

- Walks steadier and faster
- Tries to kick or throw a ball
- Climbs stairs with help
- Stacks three to four blocks
- Turns pages of books
- Uses a spoon well
- Speaks 5 to 10 words and starts to use "I", "me", and "you"
- Knows body parts
- Keeps good eye contact
- Points out interesting objects such as flowers, bugs, and planes
- Copies your actions
- Says "no", tests limits and has tantrums

## PROMOTING DEVELOPMENT

- Let your child choose between two options, both of which are OK with you. For example, he or she can choose between two snacks to eat, two books to read or two pairs of shoes to wear.
- Speak to your child clearly and in adult language. Ask questions.
- Encourage him or her to repeat words.
- Describe your child's activities. When he eats, for example, say "Wow, Jack is eating his apple."
- Scribble, sort shapes and stack blocks with your child.
- Keep reading to your child daily.
- Limit your child's screen time as much as possible.
- Brush your child's teeth twice a day with a soft toothbrush and a pea-sized amount of fluoride toothpaste. Teach your child to spit after brushing.