



A Member of  
**Valley Children's Medical Group**  
www.fresnochildrens.com

## Well Child Care, Eighteen Months

**Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**WT:** \_\_\_\_\_ **HT:** \_\_\_\_\_ **HC:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**WELL CHILD CARE VISITS**, or physicals, are recommended at 18 months, 24 months, and then annually.

**IMMUNIZATIONS:** At 18 months, your child will receive the Hepatitis A booster. These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website [www.fresnochildrens.com](http://www.fresnochildrens.com) in the Health Information tab.

### NUTRITION

- A toddler will gain weight less rapidly and may eat only one “good” meal per day. It’s important to serve 4-5 nutritious meals throughout the day without pressuring your toddler to eat. Let your toddler decide what and how much to eat.
- For healthy snacks, try fruits, vegetables, peanut butter and whole wheat crackers, bread and tortillas.
- Calcium helps children’s bones and teeth grow. Foods rich in calcium include milk products, beans, tofu, broccoli, dark-green leafy vegetables and calcium-enriched orange juice.
- Milk intake should be no more than 16 oz per day.
- Avoid high sugar foods like cookies, candy, or Kool-Aid.
- Avoid giving foods that could be inhaled or cause choking.
- The maximum amount of juice each day is two ounces diluted with two ounces of water from age nine months to two years. Use a cup, not a bottle.

### CARE OF YOUR CHILD

- Fluoridated toothpaste is recommended for all children starting at tooth eruption.

### SOCIAL DEVELOPMENT

- Your toddler will explore his independence. He will likely have strong likes and dislikes and will often say “No!” and “Mine!” One moment he may want to get away from you, and the next moment he may cling to you. He needs your gentle guidance to help him learn and feel secure.
- The toddler years can be challenging. The following are some suggestions that will encourage good behavior in your toddler:
  - Be sure to praise good behavior and accomplishments.
  - Develop ways to manage power struggles with your toddler by anticipating situations when a power struggle may occur and using distraction to avoid such situations.
  - Ensure that their physical needs are met. A toddler that is tired, hungry, sick, or over-stimulated is more likely to have a temper tantrum.
  - Use techniques such as time-out and redirection to teach your child about inappropriate behavior for example, biting or hitting.
- Limit television and video viewing to less than one hour per day of age-appropriate programs. Too much television can have a negative effect on language development.

- Regardless of content, limit your child’s electronic hand held device time to one hour per day from the age of 18 months to five years.
- Encourage playtime with other children as a way of learning social behavior.
- Spend time reading to your child to foster their language development.
- Be sure to have one-on-one time with your toddler to strengthen the parent and child relationship and to strengthen your toddler’s self-esteem.

## **DEVELOPMENT**

- Most have a vocabulary of 15 to 20 words, and may have a two word phrase.
- Most will point to people, toys, and body parts when asked.
- Most can walk quickly or run, and most can throw a ball overhand.
- Most can use a spoon and cup.
- Most will follow simple directions, such as “Get the ball.”
- Shows affection.

## **INJURY & ILLNESS PREVENTION**

- **Car Safety**
  - For more information visit [www.safercar.gov](http://www.safercar.gov)
  - The back middle seat is the safest place for children.
  - Inside of car can heat up quickly in warm weather, do not leave your child in the car alone.
- **Sun Exposure**
  - Sun exposure during childhood can lead to skin cancer and premature skin aging. Avoid the sun from 10 AM to 4 PM, especially during summer season. If outside, stay in the shade and use a sunscreen approved for your child’s age.
- **Burns**
  - Set the hot water heater thermostat below 120°F.
  - Do not carry your child and hot liquids at the same time.
  - Don’t let the cord from your iron or hair iron utensils dangle. Turn it off and put it away out of reach of your child as soon as you are done using it.
  - Beware of hot liquid, grease, and hot food your child can grab and spill.
- **Drowning**
  - Do not leave your child alone in a tub of water.
  - Empty buckets, tubs, or small pools immediately after use.
  - Have swimming pool fenced.
- **Poisoning / choking**
  - Poison help line is **1-800-222-1222**.
  - Install safety latch/locks to keep dangerous household products out of reach of your child.
  - Use safety caps on all medications and toxic household products. This includes homes of grandparents and sitters.
  - Keep all products in their original containers.
  - Learn emergency procedure for choking and CPR.
  - Do not give your baby plastic bags or latex balloons to play with.
  - Install safety devices on drawers and cabinets.
  - Remove all dangling telephone, electrical, blind, or drapery cords in your home.
  - Place plastic plugs in electrical sockets.
  - Be sure detergent pods are kept unavailable for your child to access.
  - Second-hand smoke exposure of all sources, including vaping devices, are linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For more information on smoking cessations go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on “Quit Smoking” tab on the top menu.

**This and other information is on our website at [www.fresnochildrens.com](http://www.fresnochildrens.com)**