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Well Child Care, Eighteen Months

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

Hepatitis B: Three vaccinations in the first year.

Diphtheria, tetanus, pertussis (DTaP): given at 2, 4, 6, 15-18 months, and upon school entry.

Polio: given at 2, 4, 12-18 months, and upon school entry.

Haemophilus influenzae type B (Hib): given at 2, 4, 6, 15-18 months.

Pneumococcal: given at 2, 4, 6, 15-18 months.

Measles, mumps, rubella (MMR): given at 12-15 months and at school entry.

Varicella (Chicken Pox): given after 12 months.

Hepatitis A: Two vaccinations after 12 months.

Tuberculosis skin test (PPD): given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

NUTRITION

- Toddler's eating patterns are unpredictable. The foods they like and the portions they eat may differ from one day to the next. They may eat a lot one day and very little the next
- Toddlers have a small appetite so only offer nutritious foods
- Remember to offer three nutritious meals and two small, nutritious snacks daily.
- Milk intake should be no more than 16 oz per day
- Do not offer food for emotional reasons (comfort, reward)
- 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.

TODDLER CARE

- Wash your toddler's hands and your own frequently, especially after diaper changes and before eating
- Clean your toddler's toys with soap and water
- Limit television and video viewing to less than 1 hour per day
- Give fluoride supplements as recommended by your dentist
- Praise your toddler for good behavior and accomplishments
- Develop strategies to manage the power struggles that result from your toddler's need to control his environment
- Use discipline as a means of teaching and protecting, not punishing
- Anticipate that your toddler may touch his / her genitals

- Expect and respect growing child's need for autonomy.

DEVELOPMENT

- Walks quickly or runs stiffly
- Throws a ball
- Has a vocabulary of 15 to 20 words
- Uses two word phrases
- Uses a spoon and cup
- Shows affection
- Follows simple directions

INJURY & ILLNESS PREVENTION

- Use a forward-facing seat if your child weighs at least 20 pounds AND one year old
- Never place your child's safety seat in the front seat of a vehicle
- Supervise your toddler constantly whenever he is near water
- Do not expect young siblings to supervise your toddler
- Empty buckets, tubs, or small pools immediately after use
- Limit time spent in the sun, use sunscreen (SPF 15 or higher) before he goes outside
- Turn pan handles toward the back of the stove
- Remove dangling telephone, electrical, blind, or drapery cords near your baby's crib or play areas
- Remove poisons and toxic household products from the home or keep them in locked cabinets
- Place plastic plugs in electrical sockets
- Be sure that guns, if kept in the home, are unloaded and locked up and that ammunition is stored separately
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to 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. If you do not have access to the internet, please call our office to have them mailed to your home.