

Well Child Care at 18 Months

HEALTH ISSUES

- Supervise all feedings.
- Do not use a bottle for drinking. No bottle or sipping cup while in bed.
- Allow exploration with foods, encourage use of a spoon.
- Offer healthy snack choices, limiting sugars.
- Avoid direct sun exposure. Use a sunblock SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.
- Start to brush your baby's teeth daily with a pea-sized amount of toothpaste

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Install and test your smoke detector in or near your baby's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- If you haven't yet, purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).
- Use a bike helmet for your toddler (and yourself) if riding on the back of a bike.
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Place crib mattress on lowest setting.
- Place gates on stairways.

YOUR BABY SHOULD...

- Understand simple commands ("take the toy to Daddy").
- Be able to say at least a few words.
- Point to many body parts.
- Be able to walk, maybe even backwards.

Fever > 101°

Acetaminophen

15 mg/kg or 1 ½ drop-
perful every 6 hours as
needed

or

Ibuprofen (not Aspirin)

10 mg/kg every 6 hours
as needed

Congestion

Saline nose drops, suc-
tion with bulb syringe

Important Numbers

Poison Control

1-800-222-1222

Call us if your child...

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

Well Child Care at 18 Months

- Feed self with spoon.
- Listen to a story and identify simple objects.

YOU SHOULD...

- Praise your child at every opportunity.
- Talk and sing regularly to your child.
- Listen to music together with your child.
- Continue to read books to your child.
- Encourage opportunities for safely exploring his or her environment .
- Have a few specific rules, and be consistent with them.
- Keep discipline brief. “Time-out” can be instituted at this age.
- Offer choices to your child at every opportunity to allow decision making.
- Not allow hitting, biting or mean behavior.
- Have a bedtime routine and put your child to sleep in his or her own room.
- Expect nightmares or night terrors on occasion.
- Eat meals as a family.
- Offer comfort objects (stuffed animals, blanket).
- Try to allow expression of feelings (anger, joy, sadness, fear).
- Offer opportunity for potty training but do not encourage unless your child seems ready (usually 18 months to 3 years).
- Expect self-exploration of genitalia.
- Expect your child to not want to share, but encourage him or her to do so anyway.
- Be an example of the type of person you want your child to grow up to be - they are like sponges and absorb everything around them!