

18 MONTH VISIT

NAME _____ AGE _____ DATE _____

WEIGHT _____ PERCENTILE _____ HEIGHT _____ PERCENTILE _____

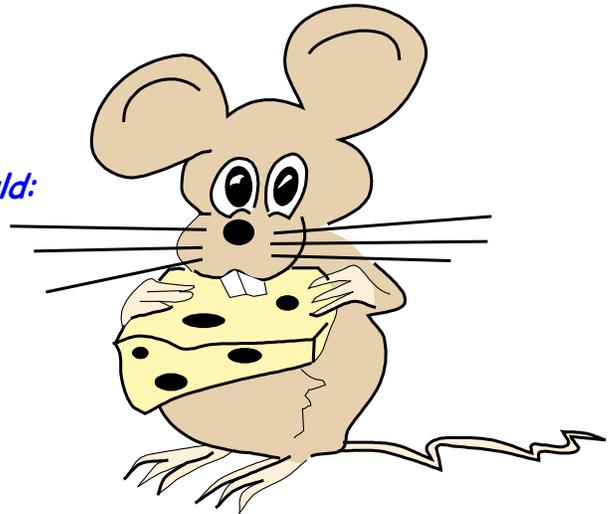
PHYSICIAN or NURSE PRACTITIONER: _____

What is normal development at 18 months? By this time most toddlers should:

- *walk well and kick a ball.
- *stack two blocks.
- *help around the house.
- *scribble with a crayon.
- *have a 4 to 6 word vocabulary.
- *feed themselves and drink only from a cup.
- *point to some body parts correctly.

Looking ahead to 2 years old, most toddlers should:

- *walk up stairs alone, holding the rail, one step at a time.
- *jump off the floor with both feet.
- *stack four blocks.
- *use a fork and a spoon.
- *combine words.
- *have a 50 to 200 word vocabulary.
- *wash and dry hands.
- *frequently ask "What is that?"



Anticipatory Guidance

Diet/Feeding:

- *Limit the amount of milk your toddler drinks to 16 ounces or less a day. Limit fruit juices, as they are loaded with calories. Many toddlers are perfectly happy drinking cool water.
- *Avoid foods that are choking hazards - nuts, grapes, popcorn, carrot sticks, hot dogs, raisins, tough meat, large pieces of raw vegetables, and hard candy. Supervise your child while she is eating.
- *Picky eating and decreased appetite are normal as growth slows. Do not force a child to eat. Your baby will determine how much food she needs. Some days she may eat lots, some days little.
- *Share meals as a family whenever possible. Make mealtimes pleasant and encourage conversation.
- *Give 3 meals a day, and a mid-morning and mid-afternoon snack.

Sleep:

- *Maintain your child's bedtime routine - encourage her to console herself by putting her to sleep awake.
- *Never put your child to bed with a bottle. She should be off all bottles by this age.

Dental:

- *Brush teeth twice daily, and teach your toddler to spit out the toothpaste when she is done.

Parenting:

- *Continue established routines. Toddlers are generally more relaxed when meal times and sleeping times are consistent. Bedtime is especially important, which includes a consistent routine getting ready for bed, and putting your toddler to bed awake. Your toddler should sleep through the night.
- *Frequently praise her for good behavior and for her accomplishments.

- *Encourage your toddler to make choices (Would you like to wear the red shirt or the blue shirt?). Never ask open questions (Do you want to take a bath?) unless you are willing to accept the answer.
- *Do not expect toddlers to spend long periods of time in a restaurant, be patient waiting for their food, sit endlessly in a grocery store cart, or to sit around while you try on clothes. Make outings quick and fun for you and your toddler, and there will be happiness.
- *Teach your toddler the word "no." Saying "no" in a stern voice with good eye contact is almost always effective. Some parents have a fear of the word "no." They do not want their child to feel restricted, so instead they let their youngster run wild without any limits. A child needs guidance for her own protection and to learn that others have rights. "No" at the appropriate time is as important for your child's development as is nutrition and love.
- *Consistency of discipline is very important - adhering to the limits you set keeps your child safe. Be firm and consistent, but also loving and understanding. Try to verbally separate between your toddler and the behavior, such as "I love you, but I do not like when you touch the VCR."
- *Provide alternatives. "No, you cannot play with the telephone, but you can play with these blocks."
- *Use the two "I's" of discipline - ignore or isolate ("time out") rather than the two "S's" - shouting or spanking. "Time outs" should be about 1 minute for each year old your child is.
- *Do not allow aggressive behavior. Remember that aggressive behaviors such as hitting and biting are common at this age. How parents respond to this behavior determines if it will continue.
- *Reading to your toddler is important. Talk with your child frequently and describe things you are doing.
- *Encourage your toddler to play alone with supervision, and with other toddlers.
- *Show affection in the family. Be a good role model by using seat belts, avoiding tobacco, and showing respect for others. The toddler is a great imitator and will learn to treat you, and others, the same way you treat the people around you.
- *Prepare for toilet training, nightmares/night terrors, and temper tantrums - handouts are available.

Safety:

- *Always empty buckets, tubs, or small pools immediately after use. Ensure swimming pools have a four-sided fence with a self-closing/latching gate. Swimming pools are deadly to children this age.
- *Avoid overexposure to the sun. Use a waterproof sunscreen outdoors (at least SPF 15).
- *By California law, children must be in child car seats or booster seats until they are 6 years old or weigh 60 pounds. It is recommended that they stay in booster seats until they are 8 years old or weigh 80 pounds.
- *Safety-proof your house. Keep all poisons and weapons locked up. There is no such thing as a "child proof" cap. Install gates at the top and bottom of stairs, and place safety devices on windows.
- *California Poison Control Center: 1(800)876-4766.
- *Learn first aid and infant CPR - know how to save a choking child.
- *Lock cupboards that contain cleansers, detergents, bleaches, furniture polishes, etc.
- *Do not leave heavy or hot containers on tables where your toddler may be able to them pull down.
- *Continue to keep your toddler's environment smoke-free.

Next Well Child Visit:

When your child is **2 years** old.



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