

18 month visit

Today's measurements: Wt _____, Ht _____

Vaccines

- Dtap, Polio
- Reactions: fever or irritability/fussiness. Redness and/or swelling at site of DTaP shot is expected.
- Fever reducer- acetaminophen or ibuprofen is based on weight. Dosage info is on our website

Development

- Walks
- Tries to throw or kick a ball
- Uses a spoon
- Speaks 10 words
- Keeps good eye contact/ "Joint Attention"
- Says "no", test limits and has tantrums

Safety

- Toddlers at this age are explorers and have no sense of fear.
- Constant supervision and guidance is important

Discipline

- Children at this age continue to test limits and have temper tantrums
- They demonstrate negativistic behaviors (hitting, pulling hair...)
- Praise good behavior and set consistent limits.

Nutrition/Food

- Let child self-feed
- Cup drinking for milk and water (no bottle)
- Offer mostly table foods in conjunction with some purees if child enjoys them
- Juice is not recommended
- Whole milk- max of 24oz/day

Tooth brushing- 1-2x/day with a soft toothbrush and fluoride-free toothpaste or water

Next visit in 6 months (at 2 years old)