



***PEDIATRIC ASSOCIATES OF NYC, P.C.***

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**18 month visit**

Today's measurements: Weight \_\_\_\_\_, Height \_\_\_\_\_ HC \_\_\_\_\_

Vaccines

- Dtap
- Reactions: fever or irritability/fussiness. Redness and/or swelling at the site of DTaP shot is expected.
- Acetaminophen or ibuprofen for fever- dose based on weight.

Development

- Walks
- Tries to throw or kick a ball
- Self feeds with fingers
- Speaks 10 words
- Keeps good eye contact/ "Joint Attention"
- Says "no", test limits and has tantrums
- Follows a one-step command without gestures
- Shows you an object they like
- Points/claps when excited

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, head banging...)
- 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 (720ml)

Tooth brushing- 1-2x/day with a soft toothbrush and a rice grain size of fluoride toothpaste or water

**Next visit in 6 months (at 2 years old)**