Well-Child Checkup: 18 Months

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Reaching Milestones & Activities

At 15 - 18 months, your toddler may start to:

- Have temper tantrums
- Show affection to familiar people
- Walk alone
- Walk up steps and run
- Know what ordinary things are for (for example: telephone, brush, spoon)
- Point to get the attention of others

Talk to your child's health care provider about any concerns or questions you may have.

Protect Your Child - Immunizations

Protect your child against 14 potentially serious diseases before 2 years old with vaccines. Vaccines can protect your child from very serious and even life-threatening diseases. Talk to your child's health care provider if you have any questions or need to catch-up on vaccines.

After your child gets his or her shots, make sure to give lots of hugs, cuddles and soft whispers to your child to let him or her know that everything is okay!

If you see something that concerns you, call your child's health care provider.

Dental Care! – Teeth Brushing

At this age, your child should see a dentist at least once a year. Most children have a full set of teeth by the time they are 3 years old.

Brush your child's teeth gently 2 times a day with a child-size toothbrush and a very small amount of fluoride toothpaste around the size of a grain of rice.

Sleep

Toddlers should sleep anywhere between 11 to14 hours (including naps) a day.

Screen Time and Technology Use

You may introduce digital media at 18 months. Choose high-quality programming and/or apps that encourage interactive play with you and your child. Toddlers learn best when you are involved with their learning.

If you choose to introduce screens, co-watch high-quality educational content. Help them understand what they are seeing and limit exposure to less than 1 hour per day.

Nutrition

Your toddler should eat a variety of fresh fruits and vegetables, grains, protein and dairy or fortified dairy alternatives. You can help your child stay healthy and reduce the risks of developing heart disease, diabetes and high blood pressure later in life.

After turning 1, your toddler does not require as much energy from food to grow, which means he or she will eat less and be less hungry. By 2 years old, he or she will be able to eat most of the same foods as the rest of the family.

Breastfeeding may be continued as long as you and your child desire.

Each day, a toddler between ages 1 and 3 years needs about 40 calories for every inch of height (40 calories x child's height in inches = approximate daily calories).

- For example, if your child's height is 32 inches, he or she would consume about 1,300 calories a day (40 x 32 = 1280 calories).

However, every child is different and the amount may vary depending on his or her build and activity level. Talk to your child's health care provider if you have questions.

- **Tip:** MyPlate.Gov is a great resource for healthy eating tips that you can use for planning your family's meals.

Other Helpful Reminders

- Avoid buying high-calorie foods such as chips, cookies, and candy bars. Your child may not ask for these treats if they are not available.

  Toddlers can easily fill up on beverages. Offer water whenever your child is thirsty. Try to avoid or limit the amount of fruit juice you give. If you do give juice, limit to 4 ounces (1/2 cup) a day. Make sure the label says 100% juice and serve it in a cup, not a bottle.

Choking Prevention
Always watch your child when he or she is eating. Your child is still learning to chew and swallow food correctly. Your child may even gulp food down fast to get on with playing. The risk of choking is high.

Avoid foods that have high choking potential:
marshmallows, popcorn, nuts, raisins, hard candy and string cheese.

Cut these foods into very small pieces:
hot dogs, grapes, raw fruits and vegetables, meat.

Remember, don't let your child walk around with food. This can be a choking risk.

- **Tip:** Learn and stay up to date on your CPR skills. Parents can take CPR classes to be prepared for emergency situations. Talk to your health care provider for more information.

Safety Tips and Helpful Reminders

Car Seats
Always place your child in an approved, rear-facing car seat as long as possible. As your child grows, you might have to switch to a bigger rear-facing convertible car seat. Make sure to read the instructions for height and weight limits that came with your car seat. Most convertible seats have limits that will allow children to ride rear-facing for 2 years or more.

Childproofing at Home
While your child learns to walk, run and climb, falls may happen. It's part of growing up! However, falls can also lead to serious injuries. Never leave your child alone without proper supervision, especially around fall hazards such as open stairs, playgrounds, porches and balconies. Slips and trips can happen very easily.

- If it's climbable or reachable, make sure it's not tippable.

For excellent resources on where to buy anti-tip devices and how to properly install anchoring devices to your TV or furniture, visit anchorit.gov

Water and Fire/Burn Safety
As your child grows, think about water and fire/burn safety around the house. Among preventable injuries, drowning is the leading cause of death for children 1 – 4 years old.

- Stay within arm's reach whenever your child is near water. Never leave your child alone in a bathtub, even for a moment. Always empty all buckets, bathtubs and wading pools right away after use. Always keep your bathroom door closed. Use toilet locks to prevent access.
- Adjust your water heater to 120 degrees Fahrenheit (48.9 degrees Celsius) to prevent hot water burns or check with your property manager if they could adjust for you. Always test water with your own hand before your child bathes or washes hands.
- Do not leave food cooking on the stove unattended. Try to cook on the back burner and keep the handle where your child cannot reach. Nearly 75% of burns in young children are from liquid, hot tap water or steam. Another 20% are considered "contact" burns from touching hot objects.

Before you turn your attention elsewhere, even for a few seconds, make sure your child will be as safe as possible, no matter what they're doing.

Caring for You and Your Family

At Avera, you and your family's well-being and health are our top priority.

Do you have the things that you need to take care of your child? Do you have enough food? A safe place to live?

Talk to your health care provider about any concerns with your living situation and what community resources may be available.

Help Your Child Learn and Grow!

Your child's health care provider can help explain their development and ways to effectively guide your child's behavior. Don't be afraid to talk to your child's health care provider with any questions.

Guidance & Discipline
The toddler years can be challenging! Don't be afraid to talk to your baby's health care provider with any questions. Your child's health care provider can help explain their development and ways to effectively guide your child's behavior.

It is OK to set limits and to start teaching your child rules and following directions. Be patient. It will take time and repetition for him or her to learn. Spanking and harsh words are harmful and do not work.

Making Reading a Routine
Continue reading to your child. Reading books to your child can have a lasting effect on language, literacy and early reading skills.

Positive Words & Encouragement
It is important to be positive and praise your child for good behavior. When giving your child specific directions, make sure you are clear on what he or she needs to do instead of just saying "no" or "naughty." Notice good behavior and point it out by being specific. For example, "Wow, you did a good job putting that toy away!"

Expose and Engage in Educational Activities
Spend quality time with your child through fun and educational activities, like trips to the zoo or library. Encourage his or her curiosity and ability to recognize common objects.

Model Good Behavior
Your child looks up to you. Model positive behaviors you would like to see in your children.

Make Time for Yourself
This age can be hard on parents, especially if your child is strong-willed. It is normal to feel frustrated at times. Take time out for yourself and share your feelings with friends or other parents. Parents should continue to nurture their relationship with each other. A weekly date night is a great idea, even if it is simply having dinner together after your child is asleep.

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