

WELL CHILD: THE FIFTEEN-EIGHTEEN MONTH-OLD (1 OF 2)
VIRGINIA MASON MEDICAL CENTER – PEDIATRICS AND ADOLESCENT MEDICINE
www.virginiamason.org/pediatrics

Name _____ Weight _____ lbs. _____ oz. (_____%)
Date _____ Length _____ in. (_____%)
Head Circumference _____ cm (_____%)
Next Visit: at age 18 months 2 years

NUTRITION

- Enjoy family meals. Model good nutrition. Offer dried cereal or fruit rather than crackers, cookies and fruit snacks.
- Expect swings in appetite. The amount of food your child needs decreases as your child's growth rate decreases.
- Minimize meal time battles. Your job is to provide healthy food, you child's job is to determine how much of it to eat.
- Phase out the bottle now. It becomes more difficult to stop the bottle as your child gets older.
- Offer food from all food groups daily.
- Avoid "choke foods" until age 3, especially popcorn, nuts, raw vegetables.
- Serve small portions and let your child request more if desired.
- Avoid juice; it often sabotages good nutrition and is not an essential part of a healthy diet.
- Offer whole milk with the three main meals. Your child needs 16–24 oz./day. Continue a vitamin D supplement (600 IU per day) if your child takes less than 16 oz. of milk per day. Avoid excessive milk intake.
- Use diet to keep stools soft. Fluids and fiber are important.

DENTAL CARE

- Brush teeth at least daily. Give the molars a good scrub. Use a small amount of fluoride toothpaste, or no toothpaste, before age 2 years. Your child should begin regular visits with a pediatric dentist by age 2.
- A fluoride supplement may be needed if your baby does not receive water containing fluoride.

DEVELOPMENT FROM 18 MONTHS – 2 YEARS

- Walks up steps holding on. Kicks and throws a ball. Enjoys large muscle activity.
- Sits in chair and feeds self with spoon. Draws "pictures".
- Shy with strangers. A second wave of separation anxiety may occur.
- Vocabulary of 4–10 words progressing to using 2 words together at 2 years. Speech may not be clear.
- Uses "no" and "mine" to assert independence.
- Hits and bites especially if excited, frustrated or having difficulty communicating.
- Enjoys books page-by-page and pointing to pictures.
- Recognizes names of people, objects, and body parts. May sort shapes and colors.
- If you have any concerns about your child's vision or hearing, please let me know.

SLEEP

- Usually taking one nap.
- When your child climbs out of the crib, it is time to move to a mattress on the floor or toddler bed.

PARENTING

- Exploring the boundaries established by your rules and your child's physical and developmental limits will occupy much of his/her time over the next few years. You are very important in showing him/her what is OK and what is not. She/he will check in with you frequently for reassurance, guidance, and security.
- Your child is self-centered at this age. It is developmentally difficult to share. Minimize the frustration when your child is playing with friends by having reasonable expectations. Offers toys that come as multiples (blocks, balls, etc.).
- Acknowledge new skills and independence. Praise whenever possible.
- Model a calm communication style.
- If your child does something that hurts another person, hurts property, or is harmful to them, a firm verbal reprimand, brief and clear, or "time out" is appropriate. Having a lot of "time in"—gentle, nonverbal, physical contact—is very reassuring to your child.
- There are many approaches to discipline. Now is a great time to talk to all your children's caregivers and agree on consistent guidelines for handling difficult issues.

ACTIVITIES

- Books, puzzles, building blocks, stacking toys, and stringing large beads.
- Somersaults, climbing, and dancing to music, and tracing your hand.
- Encourage children to put away toys as part of the playing. Start this habit early.
- No screen time is recommended before the age of 2. Do not entertain your baby with videos or apps on the phone, lap top or television. The human voice is the best stimulant for developing infant brains.

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SAFETY

- Never leave your child unsupervised. Curiosity is increasing rapidly, but judgment lags behind. Be especially careful with curling irons, hot ovens and stove tops, knives, house plants and other areas where unsupervised experimenting might be harmful. Teach animal safety.
- For tips on firearm safety, go to snipurl.com/GunSafetyTips.
- Use sunscreen. Never leave your child unattended near water.
- Always use a properly fitted car seat. The center rear seat is safest. Children should remain rear-facing until **TWO** years of age **or** until they reach the maximum weight or height for their car seat.
- **In case of ingestion of poisons, call the Poison Control Center immediately. Post this number by your phone: 1 (800) 222-1222.** Do not use syrup of ipecac. Visit poison.org for more information.

IMMUNIZATIONS

- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements, at virginiamason.org/immunizations.
- We recommend influenza vaccination every year for **all** infants (age 6 months and up), children, adolescents, and adults. Visit flu.gov for more information, and visit virginiamason.org every fall for flu vaccine clinic information.

Acetaminophen (Tylenol)

Child's Weight	Infant's or Children's Suspension (160 mg/5 mL)	PLEASE NOTE
6–12 lbs	1.25 mL	The old concentrated acetaminophen infant drops (80 mg/0.8 mL) are being phased out and should no longer be used. For more information, visit snipurl.com/NewTylenolDosing
12–18 lbs	2.5 mL	
18–24 lbs	3.75 mL (3/4 tsp)	
over 24 lbs	5 mL (1 tsp)	

Acetaminophen may be given every 4 hours but not more than 4 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child's illness or vaccine side effects.

Ibuprofen (Advil, Motrin)

Child's Weight	Infant Drops (50 mg/1.25 mL)
12–18 lbs	1.25 mL
18–24 lbs	1.875 mL
24–28 lbs	1.25 mL + 1.25 mL
over 28 lbs	1.875 mL + 1.25 mL

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours. PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

NEXT VISIT

- Please see the front page for when to schedule your baby's next visit.

BOOKS / RESOURCES

Positive Discipline for Preschoolers by Jane Nelsen, Ed.D., Cheryl Erwin, M.A., and Roslyn Duffy

Raising an Emotionally Intelligent Child by John Gottman, Ph.D.

1-2-3 Magic: Effective Discipline for Children 2–12 by Thomas W. Phelan, Ph.D.

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

Normal Children Have Problems Too by Stanley Turecki, M.D.

The Difficult Child by Stanley Turecki, M.D.

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snipurl.com/GunSafetyTips

healthychildren.org