

WELL CHILD CARE AT 18 MONTHS

NUTRITION

- Children should be self-feeding, using a spoon and drinking from a cup
- Your child should no longer drink from a bottle and should be weaning from the pacifier.
- Encourage healthy foods like fruit, vegetables, whole grain breads, cereal, pasta, brown rice, corn tortillas, meats, eggs, beans, and tofu.
- Limit fast food and snacks high in sugar and fats.
- Do not give soda or other sweet drinks.
- Teach your child to wash his hands before meals.
- Eat together and show table manners.

DEVELOPMENT

- Children should be learning many new words. You can help your child's vocabulary grow by showing and naming things.
- Most toddlers are not yet ready for toilet training, but some things may help you get prepared.
 - Change your child as soon as you know they have wet or soiled their diaper to help them prefer dryness.
 - Praise your child if they let you know they have wet or soiled their diaper.
 - Since toddlers are naturally curious, let them watch you or other family members use the toilet.
 - Let your child practice sitting on a potty chair.
 - Don't put too many demands on your child or rush or shame them during toilet training.
- Toddlers may seem out of control, overly stubborn or demanding. They often say no or refuse to do what you want them to do. Here are some methods to help children keep safe and learn about rules.
 - Child proof your home by removing anything valuable, dangerous or messy.
 - If a child is playing with something you don't want him to have, replace it with another object or toy that he enjoys.
 - Have as few rules as necessary and enforce them. If a rule is broken, give a short and clear explanation followed immediately by a brief "time out".
 - Be consistent with discipline. Do not make threats you cannot carry out. If you say you are going to do something, do it.
 - Children like to please their parents. Praise your child for doing things you like.
 - When children misbehave, stay calm and say "We can't do that. The rule is ____." Then repeat the rule.

SAFETY

- ***Avoid choking and suffocation.***
 - Keep plastic bags, balloons and small objects out of reach.
 - Cut food into small pieces and avoid foods associated with choking (hot dogs, grapes, popcorn, cherries, candy, raw vegetables, peanut butter, chewing gum).
- ***Prevent burns and fires.***
 - Keep matches, lighters, hot foods and liquids, hot appliances and cords out of reach.
 - Don't let your child play near the stove.
 - Use the back burners on the stove and keep panhandles out of reach.
 - Turn the water heater down to 120 degrees F.
- **Car safety**
 - Never leave your child alone in the car
 - Always use an approved toddler car seat as specified.
 - Keep your child in a rear facing car seat as long as possible.
 - Always wear your own seat belt.
- **Pedestrian safety**
 - Hold onto your child when you are around traffic.
 - Provide a play area where balls and riding toys cannot roll into the street.
- **Prevent drowning**
 - Never leave an infant or toddler in a bathtub alone.
 - Continuously watch your child around water, including toilets and buckets.
 - Keep toilet seats down.
 - Never leave water in an unattended bucket and store buckets upside down.
- **Avoid falls**
 - Don't underestimate your child's climbing ability.
 - Avoid placing furniture near windows or on balconies.
 - Use window guards on windows above the first floor.
 - Make sure windows are closed or have screens that cannot be pushed out.
 - Use safety gates on stairs.
- **Prevent poisonings**
 - Keep all medicines, vitamins, cleaning fluids, etc. locked away.
 - Purchase all medicines in containers with safety caps.
 - Do not store poisons in drink bottles, glasses or jars.
 - Keep poison center number on all phones: **1-800-222-1222**

IMMUNIZATIONS

- Your child may receive some vaccinations at the visit.
- Your child may have some redness, swelling, or soreness at the injections site. Cool compresses and acetaminophen should help decrease injection pain; sometimes warm compresses and gentle massage can help decrease muscle pain.
- Ask your doctor for his/her dosage of acetaminophen.
- Call your doctor if your child has a fever for more than 36 hours.

NEXT ROUTINE VISIT – AGE 24 MONTHS

- Please bring the shot record to all check-up visits.