

Kids First Pediatrics on 30

18 Months

What should my child eat?

- Encourage your child to eat at mealtime, and give 2-3 nutritious snacks per day
- Encourage self-feeding
- Offer nutritious foods & let your child decide how much to eat
- Avoid small foods that your child could choke on (peanuts, popcorn, hot dogs, hard candy, etc)
- No bottles! & No more than 8 oz of milk per day

What should I expect from my child?

- Walks quickly or runs stiffly -Walks backwards -Throws a ball -Stacks 3 or 4 blocks
- Uses a spoon & cup -Names objects in books -Shows affection & kisses -scribbles

When should my child sleep?

- Toddlers should nap at least once a day
- A bedtime routine should be established, and a favorite toy or blanket can be given to help calm him/her

What can I do to keep my baby child safe and healthy?

- Use a toddler car seat with 5 point harness
- Keep environment smoke-free
- Keep the house child proof: lock cabinets and drawers (tot locks are great- don't lose your magnetic key!), put plastic plugs in outlets (or replace with Safe-plates); keep small objects, chemicals, cleaning agents, and medicines in a place where your child cannot get them
- Do not give your child plastic bags, latex balloons or small objects like marbles
- Install gates near stairways
- turn pan handles toward back of stove
- Never underestimate the ability of an 18 month old to climb/pull down tablecloths, electrical cords, etc
- Empty buckets, tubs, small pools immediately after use
- Do not overexpose to sun. Sunscreen should be used when outside
- Accompany your child when in/around water. A fence should surround the pool
- Keep your child's outside play area within gates and fences, keep close supervision
- Keep child away from moving machinery, lawnmowers, driveways & streets!
- Brush teeth/gums with toddler toothbrush & training paste (use pea-size amount)
- Know the number to Poison Control (1-800-222-1222)**

(over)

What else can I do for my child?

- Praise for good behavior!
- Encourage language development by reading books, singing songs, and talking about what you are doing together
- Use distraction, gentle restraint, removal of object, & "time-out" for discipline (1 minute/year)
- Take individual time out for your toddler, Pick him/her up, talk and play (over)

By 24 months, what will my child do?

- Run, jump in place, walk up & down stairs, throw ball overhead
- Use spoon and fork, open a door, stack blocks, draw a vertical line
- Play pretend, use means to accomplish desires (pull chair to cabinet, climb)
- Speak several two-word phrases, follow commands, listen to short stories
- Imitate adults, play with other children
- Brush teeth and dress with help

When is my child's next checkup?

-Your baby's next checkup will be at 24 months. At this visit, your baby may receive the Hep A vaccine if not already completed. If your insurance doesn't cover AAP recommended immunizations- you can always get them at the health department. Just ask us for info if you need it.

Remember to bring all medications, vitamins, and other supplements you give to your baby to every appointment with a list of any questions or concerns that you may have.

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