

18 Months

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____
HC: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Breast-Whole Milk: _____ Lead Risk Assessment: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Nutrition:

- Don't get into battles with your child over eating.
- If you child is still using a bottle or pacifier, work on weaning him off.
- Encourage self-feeding skills by offering a cup, spoon and finger foods.

Accident Prevention:

- Continue to use an approved car safety seat.
- Poison Control # 800-222-1222.
- Do not let your child play unsupervised around the street or driveway.
- Watch your child carefully around stairs and windows.

Sleep:

- Some children may have fearful nighttime awakenings. If this happens, calm your child and have them return to sleep in their own beds.
- Establish a regular bedtime and go through a consistent, short bedtime ritual every night.
- Nap patterns may change as your child requires less sleep.

Development-Most babies at this age:

- Throw a ball overhand.
- Climb into an adult chair.
- Walk up steps.
- Identify pictures in a book.
- Have a vocabulary of about 10 words.
- Name several body parts.
- May combine two different words.
- Help with simple household tasks.
 - Toys: Small jars with screw caps, a case for carrying things in, and toys which your child can take apart and build with are good toys for children this age. Do not expect your child to be eager to share toys with other children.
 - Activities: Reading stories to your child, rough and tumble play, assigning little chores and "pretend" play are good activities for children this age.
 - Toilet Training: Your child may begin to express interest over the next 6 months. Most children are not ready for toilet training until 2 years old.
 - Security Blanket and Thumb Sucking: These are very normal for children this age and are an appropriate way for your child to handle tension.
 - Limit TV viewing. Try not to use the TV as a substitute for interaction with your child.

Suggested books for toddlers:

The Big Red Barn

By Margaret Wise Brown & Felicia Bond

Cows in the Kitchen

By June Crebbin & Katherine McEwen

McElligot's Pool

By Dr. Seuss

Miss Spider's Tea Party

By David Kirk

Monster Munchies

By Laura Numeroff & Nate Evans

Papa, Please Get the Moon for Me

By Eric Carle

Pediatric Associates, Inc.

7910 W. Jefferson Blvd. Ste. 201
Fort Wayne, IN 46804 (260) 436-3789

••Gregory W. Veerkamp, M.D. ••Mary Pat Veerkamp, M.D.
David A. Rusk, M.D. ••Andrew P. Landrigan, M.D. ••Jennifer L. Landrigan, M.D.
Aaron J. Sackett, M.D. •• Kathryn I. Kleber, M.D. •• Abigail R. Haselden, M.D.