



18 Month Check-Up

Child's Name _____ Date _____

Height _____ Weight _____ Head _____

IMMUNIZATIONS

Your child will receive immunizations today. Please read the information provided and ask your doctor any questions you may have. You will be asked to sign a form, giving consent for the vaccines. At 18 months, your child will receive the DTaP, IPV, and Hepatitis A vaccines. Please inform your doctor of any previous reactions to vaccines. Common reactions include fever, fussiness, local redness, swelling, pain, and mild sleepiness, which may last up to 2 days. Significant reactions include fever > 104.5 rectally or inconsolable screaming for more than 3 hours. For mild reactions, treatment includes cool compresses and acetaminophen (i.e. Tylenol). Correct doses are in the chart below - it is more important to dose by weight rather than by age. Please notify us of any significant reactions.

If it is flu season, please be sure all family members, especially siblings, and all people who come in contact with your child are vaccinated against influenza. Young children are at high risk for significant illness from the flu. Influenza vaccine will be offered during flu season. Remember, good hand washing is the best defense against all illness any time of year.

TYLENOL or acetaminophen	0-3 months (6-11 lbs)	4-11 months (12-17 lbs)	12-23 months (18-23 lbs)	2-3 years (24-35 lbs)
ELIXIR (160 mg/5 ml)	1.25 ml	2.5 ml	3.75 ml	5 ml
CHEWABLE (160 mg)				1 tablet

- If you are unsure about dosages of this or any medication, please contact us.
- Cold medications are not recommended at this age.

DEVELOPMENT

At 18 months your child should:

- Have a vocabulary of 4-10 words. Imitates words. Know body parts.
- Be able to tell 2 or more wants. Follow simple directions.
- Walk quickly. Walk upstairs with help.
- Stack 2-3 blocks. Throw a ball.
- Use a spoon and a cup.
- Imitate a crayon stroke.
- Listen to a story, looking at pictures and naming objects.
- Show affection, kiss.
- Continue to exert his/her independence with "no," tantrums, refuse foods, resist naps.

You may encourage your child's independence by offering choices. Limiting the choices allows your child to be independent without feeling overwhelmed. For example, "Do you want to wear the red or blue shirt?" rather than "What do you want to wear?"

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Continue to talk and read to your child. Do not use the TV as a babysitter. If you want to introduce digital media or screen time, choose only high quality programming or apps and watch or use them together with your child because toddlers learn best this way. Limit screen time to less than 1 hour a day. There should be no computer or TV in your child's bedroom. Always monitor what your child is viewing. Continue a regular bedtime routine, including quiet activities such as a bath or story.

Both the AAP and the AAPD (The American Academy of Pediatric Dentistry) recommend that your child start seeing a pediatric dentist by age 1 to establish a dental home. Brush your child's teeth twice a day with a tiny smear of fluoridated toothpaste (the size of a piece of rice) on a soft toothbrush and floss daily once teeth are close together or touching.

DISCIPLINE

As your toddler becomes increasingly independent, temper tantrums may begin. Ignore tantrums once you establish your child is safe. Toddlers will constantly test rules, so it is important to set very specific limits and be consistent: children learn through repetition. They need to learn what behaviors are okay and not okay. Give lots of attention for "good" behavior, and have your child lose attention (i.e. time out) for "bad" behavior. The recommendation for time out is 1 minute per year of age.

FEEDING/ NUTRITION

Continue whole milk. Children this age typically drink 16-24 ounces of whole milk a day. Your child should be eating regular table foods at family meals. Let your child decide how much to eat at a meal and remember that it may not be much. Make sure to cut the food into small pieces and **avoid foods which can cause choking such as nuts, popcorn, gum, raisins, carrot or celery sticks, hot dogs, chips, whole grapes, or anything hard or tough.** When giving peanut butter, use a thin layer, not thick chunks of peanut butter. Do not add sugar or salt to your child's food. At this age, your child may have no more than 4 ounces a day of 100% fresh or reconstituted fruit juice served with a meal or a snack, but juice is not necessary for nutrition. Eating a piece of fruit offers more nutrition and is preferred. Ask your doctor if a vitamin supplement is necessary.

Continue healthy eating habits:

- 3 meals with 1-2 scheduled healthy snacks per day. A toddler's intake will vary greatly from day to day, but should be balanced over several days.
- Try to avoid allowing your child to snack/"graze" between regularly scheduled healthy snacks and meals
- Appetite is decreased at this age, but children will not let themselves starve. Offer them the food you would like them to eat. If they eat, that is fine and if they don't eat, that is also fine. DO NOT offer them something else just to get them to eat. They will regulate their intake. Do not let meals become part of a power struggle. Allow your child to feed him/herself.
- Do not offer junk food. If it isn't offered, they can't eat it.
- Allow your child to only eat in a chair or booster seat in a designated area. No eating in front of the TV, while playing, etc.
- Avoid using food for comfort, to soothe, or to quiet your child.
- Give water between meals and snacks if your child seems thirsty. Juice (maximum 4 oz. per day) may be part of a scheduled meal or snack.
- Do not put your child to bed with a cup or allow your child to carry a cup of milk or juice to drink throughout the day. Too sugar will lead to tooth decay. If you have well water, your child may need fluoride supplements.

TOILET TRAINING

Toddlers are typically ready to begin toilet training between 15 and 24 months. They need to be able to walk and be able to tell you when they need to go to the bathroom. Over the next few months, you may buy a potty chair and allow your toddler to become familiar with it. When your child shows interest, take the opportunity to teach. You may encourage, but do not pressure or punish your child. Positive reinforcement is most helpful.

SAFETY

- Continue using a rear facing car seat properly secured in the back seat. Children should be placed in an approved infant seat in the rear-facing position at all times until 2 years of age or until they reach the highest height or weight allowed by their car seat manufacturer. If they have outgrown the infant seat, they should be in a reversible car seat that is rear-facing until age 2. After age 2, car seats may face forward. Never place your child in the front seat of a vehicle with an airbag. The back seat of a vehicle is the safest place for children of all ages. Avoid bulky clothing and blankets between your child and the harness and make sure the harness fits snugly against your child's chest.

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SAFETY (continued)

- Switch to a toddler bed if you have not already done so.
- Do not give your child plastic bags, latex balloons, or small objects such as coins, marbles, or magnets. Do not hang anything around your child's neck.
- Continue to use gates on the stairs (top and bottom) and safety locks and guards (if not an emergency exit) on windows. Keep furniture away from windows.
- Set your hot water heater thermostat to below 120 degrees. Continue to test water temperature with your wrist before bathing. Use cold water immediately for a burn and call our office for advice.
- Children need constant adult supervision, especially around water. Empty any tubs, buckets, and small pools immediately after use. Swimming pools need to be enclosed with a four-sided fence with a self-closing, self-latching gate.
- Do not expect (or allow) a young sibling to supervise your child at home or in a car.
- Monitor your child carefully in the kitchen. Turn pan handles toward the back of the stove. Use latches on all cabinet doors. Keep glassware, cords, and sharp objects away from the edge a table or counter top.
- In the bathroom, lock cabinets and drawers; install toilet locks.
- Keep your child away from hot stoves, fireplaces, irons, curling irons, space heaters.
- Do not leave heavy objects or hot liquids on tablecloths your child might pull down.
- Check for (and remove) any dangling telephone, electrical, blind, or drapery cords.
- Never underestimate your toddler's ability to climb. Secure to the wall dressers, bookcases, or any large furniture which may be toppled if climbed.
- Keep your child away from moving machinery, lawn mowers, garage doors, driveways, and streets. Your child should wear a helmet while riding in a child seat on an adult bicycle.
- Limit time in the sun. Use sunscreen of SPF 15 or higher and use hats to shade ears, nose, and lips. Please visit the website healthychildren.org for more comprehensive sun safety recommendations.
- Test smoke alarms; change the batteries yearly.
- Keep all firearms unloaded and locked away. Store ammunition separately. Keep cigarettes, lighters, matches, smokeless tobacco, liquid nicotine, and alcohol out of sight and reach. Lock up electrical tools.
- Keep the environment smoke free.

Keep poisonous substances medications, cleaning agents, health and beauty aids, paints and paint solvents locked in a safe place out of sight and out of reach. If there is an accidental ingestion, call **Poison Control at 828-9123 or 1-800-222-1222** immediately. Keep the number for Poison Control by your telephone.

CONTACT OUR OFFICE

If non-urgent questions or concerns about your child develop before your next appointment, please feel free to call our office during regular business hours. Our medical advice nurses will be glad to answer your questions. They may recommend that you make an appointment to have your child seen by a doctor or nurse practitioner.

In the case of a true emergency, such as difficulty breathing/respiratory distress, loss of consciousness, seizure, profuse bleeding, or any potentially life threatening situation, **call 911 or go to the nearest emergency room**. Due to their pediatric ER staff, our providers prefer Chippenham, St Mary's, or VCU Medical Center when you have a choice in where to take your child. Please call **Poison Control at 828-9123 locally or 800-222-1222** immediately in the event of any ingestion or suspected ingestion of chemicals, medications not prescribed for your child, accidental overdose, or any other substance of concern.

One of our doctors is always on call after hours for urgent or emergency care concerns. To reach our on call service, please dial the office phone number and follow the prompts. You will be directed to our nurse on call service and may have to leave a message. You will receive a call back as soon as possible from one of our nurses or providers on call. We ask that you limit after hours calls to urgent concerns only. Persistent problems such as ongoing illnesses (including colds), constipation, or behavior problems without sudden changes are best addressed during regular office hours when our providers are able to access your child's medical record. Please do not call after hours or on holidays to request antibiotics, including eye drops. In most cases your child will need to be seen to ensure proper diagnosis. If you feel that your child needs to be seen after hours, please take him or her to the nearest urgent care center or ER.

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