

CMA 18 Month Well Child Visit

Development

What most children do by this age:

- Walk without holding on
- Hold and drink from a cup
- Scribbles
- Tries to use a spoon
- Climbs independently on and off couch/chair
- Copies doing chores like sweeping/cooking
- Tries to say 3 or more words other than mama/dada
- Follows one step directions without gesture
- Points to show you something interesting
- Looks at few pages in book with you
- Helps getting dressed by pushing arms through sleeve or lifting up foot

Feeding/Nutrition

- Should be off bottle between 18-24 months
- 16-24 oz. whole milk or dairy equivalent per day (ex. 1 oz yogurt=1 oz milk)
- Self feeds finger foods; may start using a spoon
- Should be eating the same table foods as the rest of the family but keep menus and seasonings simple
- Avoid choking hazards such as hot dog slices, raw carrots, whole grapes, etc.
- Avoid junk food
- Discourage juice; limit to 4 oz a day max

Sleep

- Sleeps 12-15 hours a day
- Naptime: one long nap in middle of day
- Continue bedtime ritual

Hygiene

- Brush teeth with fluoride toothpaste twice a day
- Dental visit by age 2 yrs
- Nothing to drink but water after brushing at night
- Child may start showing signs of toilet-training readiness. If child is interested, may start introducing potty.
- **Maintain good hand washing practices**

Tantrums

- Remain calm, remove child to safe place to finish his performance
- Breath holding can sometimes cause child to faint for short period (30-60 sec)
- Prevention: Provide limited choices, choose battles carefully, praise good behavior, keep sense of humor, don't over-react

Safety

- Use a car seat rear facing until 2 years old
- Never leave alone in the car
- **Safety proof home:** no exposed outlets; keep cords, medicines, chemicals out of reach; locks on cabinets; smoke detectors on every floor; fire escape plan; water temperature less than 120 degrees; safety gates on top and bottom of stairs; open windows from tops or protect open windows with barriers that toddler can not push out
- If firearms in the home, keep unloaded and locked out of sight
- Keep crib free of objects that toddler can stack to climb on and get out
- If toddler can get out of crib, move to a low bed
- Keep crib away from window and curtain cords
- Remove all small objects that toddler can choke on
- Avoid smoke in environment; has been linked to asthma, ear infections and SIDS
- Keep pot handles facing inside of stove
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Use sunscreen SPF 15 or higher if outside for extended periods of time/ long brim sun hats
- Never leave alone in tub or around containers of water such as toilets, wading pools, buckets
- Don't allow child to ride on tractor or lawn mower. Keep out of yard while mowing

Stimulation/Activities

- Toddlers begin "parallel" play, which is playing alongside, but not with others
- Talk, sing to, cuddle with your child
- Name everyday objects
- Listen to and answer child's questions, and ask questions in return
- Read books together, nursery rhymes
- Identify colors and shapes
- Simple puzzles
- Blocks and soft toys
- Playground, sand box, wading pools
- Large riding toys, doll carriages, shopping carts, push/pull toys
- Limit screen use (TV, tablet, phones etc) to videochats with family/friends
- Provide consistent routines
- No spanking: use distraction, gentle restraining, parent or child time out

Next Well Child Visit at 2 years old

*See CMA links page for more helpful health information: www.cmanva.com