



Pediatric and Adolescent Medicine

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HEALTH MAINTENANCE INFORMATION SHEET – AGE 18 MONTHS

Date	Age	Wt	Ht	Head Size	Next Appt.
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Acetaminophen Dosing: Children’s Suspension (160mg/5mL) _____

Ibuprofen Dosing: Infant Drops (50mg/1.25 mL) _____

NUTRITION

- Well balanced breakfast, lunch, and dinner. Good snacks are fruits and vegetables, cheese and crackers. Limit "salty" and "sweet". Offer variety and allow your toddler to decide on quantity. One good meal per day is typical.
- Milk intake should be about 16-20 oz. per day.
- Avoid raw carrots and celery, raisins, seeds, nuts, popcorn, hot dogs, and hard candy. All pose choking risk.
- Encourage family gathering and discussion at meals.
- Adequate Vitamin D and Calcium is very important, however, multi-vitamins do not replace well balanced diets.
- Your child uses spoon and cup well.

GROWTH & DEVELOPMENT

- Walks fast, but stiffly; walks downstairs with help.
- Throws ball, runs into ball without true kick.
- Sits in chair. Turns pages in book and points to pictures.
- Stacks 3-4 blocks.
- Initiation of "vocabulary" burst around 18-20 months—100's words within brief period of time. Knows 2-4 body parts.
- May try "pretend" play or act out different roles. Imitates work, household chores, etc.
- Warning signs of early language impairment: understands fewer than 50 words; produces fewer than 5 words. Your toddler should also show mutual interest ("Look at the car") and be able to imitate an activity ("pour me juice").

IMMUNIZATIONS & PROCEDURES

- HAV #2

ACCIDENT & SAFETY

- CAR SEATS MUST BE USED AT ALL TIMES. Rear facing until age 2 years.
- Ensure safety around windows and stairways. Cover electrical outlets; keep appliances out of reach. Store plastic bags, detergents, cleaners and cords safely. Prevent falls by keeping chairs away from counters, etc.
- Never leave child unattended in house or in a car. Take special care to supervise at bath, beach or swimming pool.
- Supervise play in any area adjacent to driveways, streets, and cars. Keep away from lawn mowers, knives and other sharp objects.
- Store firearms safely in your home.
- Poison control 1-800-222-1222. DO NOT USE syrup of Ipecac.

MISCELLANEOUS

- Gentle tooth brushing. Try to get rid of bottles and pacifiers if still in use.
- Stick to regular bedtime routine; night fears and getting up at night occur more commonly. A favorite toy, stuffed animal, etc., may be chosen as a "security" blanket.
- Some toddlers are interested in toilet training. It is okay to have potty seat. Reinforce any interest shown but don't push too hard; interest usually wavers and most toddlers achieve toilet training closer to age 2 1/2 years. Boys may train slightly later than girls.
- Thumb sucking is common.
- Praise self-care and expression. ("You did it all by yourself "). Use choices to guide your toddler's activity. (Do you want a story or a song before bed?)
- Make sure toys are safe and appropriate. Share stories. Enjoy music together. Toddlers love to push/pull, pound, fill/empty, and open/close things. Start to color.
- USE DAY CARE SENSIBLY. Not every snuffle or cough keeps a toddler at home, but temperature should be normal for 24 hours after a fever and child should not be having diarrhea. Rashes are contagious until proven otherwise.
- Limit TV viewing and screen time. Know what your child is watching and playing.

RESOURCES

- Books: Politics & Prose and Barnes & Noble
- Public Library: check for Saturday morning programs
- Green Acres: Going Places With Children In Washington