

Well care education – 18 month old

• DEVELOPMENT:

- Your baby should be walking without holding on to anyone or anything. He/she should drink from a cup without a lid and feed him/herself with fingers. They should copy you doing chores and play with toys in a simple way. They should be trying to say three or more words other than “mama” or “dada” and follow one-step directions without any gestures. Additionally, they should point to show you something interesting.
- Signs that your baby is ready for toilet training include: dry for 2 hours, knows if he/she is wet or dry, can pull pants down and up, wants to learn, can you tell if he/she is going to have a bowel movement.

• EMERGENCIES:

- A word on fever: fever by itself is NOT dangerous. However, if your child is lethargic, inconsolable despite giving medications, having difficulty breathing, vomiting a lot or does not respond well to a single dose of acetaminophen or ibuprofen, please call. Also, if your child has a fever >5 days, please call us.
- If your child ingests something that they should not have, please call **Poison Control at 1-800-222-1222**

• SKIN CARE:

- Please apply sunscreen to your child if he/she will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double his/her risk of skin cancer.

• ORAL CARE:

- Please brush your child’s teeth with a soft bristle toothbrush twice a day. If their drinking water does not contain fluoride, please use toothpaste that DOES have fluoride in it, but only use an amount the size of a grain of rice. Start looking for a pediatric dentist at this point

• SLEEP:

- Your baby should be sleeping about 14 hours per day with 10-12 of those hours occurring as nighttime sleep. He/she should no longer be waking you up at night.

• CAR RESTRAINTS:

- Your baby’s car seat should remain in the backseat facing the rear of your vehicle until he/she is at least 40 lbs and remains within the car seat parameters.

• VACCINES:

- Today, your child may receive vaccines. The most common reaction is a fever within 48 hours of vaccine administration. Please refer to handout for further information.

• SAFETY:

- Lock away medications, cleaning, and lawn supplies.
- Place gates at the top and bottom of stairs and lock windows on the 2nd floor or higher floors.
- Always have your baby under supervision while on pool or water related activities. ALWAYS look in the water first if your child is missing.
- **WE STRONGLY RECOMMEND SWIM LESSONS IF YOUR CHILD HAS NOT ATTENDED THUS FAR.**



- **NUTRITION:**

- Your baby should not drink more than 12-24 oz of whole milk/day. Too much milk can lead to iron deficiency anemia, constipation and picky eating.
- Avoid giving your child large food pieces such as carrots, celery, popcorn, nuts, seeds, hotdogs, or whole grapes that may cause choking.
- **PLEASE AVOID GIVING YOUR CHILD JUICE UNLESS INSTRUCTED TO DO SO BY THE PEDIATRICIAN** (for constipation).

- **USEFUL WEBSITES:**

- Chop.edu/primary-care/well-child-visits-what-expect
- **MOTRIN AND TYLENOL DOSES:** www.Mahoneypeds.com
- For additional tips on nutrition, drowning prevention, childproofing, screen time, safety: www.Healthychildren.org