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## Weston Pediatric Physicians

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### Your Eighteen Month Old

Length \_\_\_\_\_

DTaP

Weight \_\_\_\_\_

HIB

HC \_\_\_\_\_

Hep A

#### NORMAL DEVELOPMENT

Your baby:

Runs stiffly.

Seats herself in a chair.

Points to body parts.

Scribbles with crayons.

Takes off shoes, socks, hats, and mittens.

Has occasional temper tantrums; says "no" even if she doesn't mean it.

Wants to do things for herself and make decisions for herself.

Learns by exploring, looking, tasting, smelling, and listening.

#### DIET

Should be totally weaned from bottle to cup.

Should be eating the table foods the remainder of the family is eating.

Feeds self and may start using a spoon.

Avoid choking hazards such as nuts, hot dog slices, raw carrots, whole grapes, large pieces of fruit and vegetables, and popcorn.

#### HYGIENE

Continue to brush teeth twice a day with a tiny amount of fluoride toothpaste.

Watch for signs of interest in toilet training. You can have a potty chair out, but do not expect toilet training to be successful for 1-2 years.

#### SAFETY

☉ ALWAYS use a car seat. All children must ride in a rear-facing car seat until at least age 2 or until they reach the highest weight or height allowed by your car seat manufacturer. The back seat is always safest for all children.

☉ Keep water heater set at 120 degrees to prevent scalding.

☉ Lower the crib mattress to the lowest setting, so your baby doesn't fall out when she stands. Don't put large objects in crib that could be used as a step to climb over the side rail. Consider putting your toddler into a bed if she is climbing out of the crib.

- ☺ Keep all small objects out of reach. In addition, your toddler may pull down appliances with cords, tablecloths, lamps, and drawers onto herself.
- ☺ Keep plastic SAFETY plugs in outlets and locks on all hazardous cabinets.
- ☺ STAY with your toddler EVERY second while she's in the tub. If interrupted while bathing or changing a diaper, place your child in a crib or on the floor to keep her safe. A child can drown in a few inches of water. Even with swimming lessons at a pool, your child is NEVER drown- proof.
- ☺ Keep toilet lids closed to prevent drowning
- ☺ Keep all children away from cigarettes as well as tobacco smoke. Smoke particles can stick to clothing and upholstery in the house and car. Smoke exposure has been linked to asthma, ear infections and possibly SIDS.
- ☺ Do not allow your toddler to be nearby while you are cooking or drinking hot beverages. Keep pot handles facing inside of stove.
- ☺ Install smoke detectors on every floor and check batteries monthly. Replace batteries every 6 months.
- ☺ Keep emergency numbers including Poison Control (1-800-222-1222) near the telephone at all times.
- ☺ Do NOT store toxic fluids in soda, juice or milk bottles.
- ☺ Children under 4 years should not be given a toy with parts smaller than a ping pong ball.
- ☺ Do NOT allow your child to ride on a tractor or lawn mower. Keep him out of the yard while mowing.

#### STIMULATION/PLAY

Encourage singing to hold your child's attention and increase vocabulary.

Toddlers begin "parallel play", playing alongside but not necessarily with, other children.

Favorite past times are playgrounds, sandboxes, and wading pools.

Toddlers love foot-powered riding toys, rocking horse, dolls, carriages, shopping carts are all pretend play.

Read books, especially pop up, lift the flaps and repetitive stories.

Television and other entertainment media should be avoided in children under age 2. A child's brain develops rapidly during these years and children learn best by interacting with people, not screens.

#### LOOKING AHEAD

- ☺ play is the work of children- allow lots of unstructured play time.
- ☺ increasing independence- offer choices: would you like to put this shoe on or this one?

#### SUGGESTED READINGS:

Meals Without Squeals: Child Care Feeding Guide and Cookbook, by Christine Berman & Jacki Fromer

How To Get Your Kid To Eat; But Not Too Much, by Ellyn Satter

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#### NOTES:

Poison Control Hotline: 1-800-222-1222

- ☺ Your next scheduled visit will be at 2 years of age.
- ☺ The blood work for your next visit will be: Hemoglobin (Hgb), Lead Level (Pb), Spot Vision