

WELL CHILD: THE FIFTEEN-EIGHTEEN MONTH OLD (1 OF 2)

VIRGINIA MASON FRANCISCAN HEALTH – PEDIATRICS AND ADOLESCENT MEDICINE

<https://www.vmfh.org/our-services/primary-care-in-person-and-virtual-care/pediatric-care>

Name	_____	Weight	_____	lbs.
Date	_____	Length	_____	inches
		Head Circumference	_____	cm.

NUTRITION

- Enjoy family meals. Model good nutrition. Offer dried cereal or fruit rather than crackers, cookies and fruit snacks. Expect swings in appetite. The amount of food your child needs decreases as your child's growth rate decreases. Minimize mealtime battles. Your job is to provide healthy food, your child's job is to determine how much of it to eat. Phase out the bottle now. It becomes more difficult to stop the bottle as your child gets older.
- Offer food from all food groups daily.
- Avoid "choke foods" until age 4, especially popcorn, nuts, and raw hard vegetables. Serve small portions and let your child request more if desired.
- Avoid juice; it often sabotages good nutrition and is not an essential part of a healthy diet.
- We do not recommend toddler formula. Toddler formula is not FDA regulated and your child can receive all their nutritional needs from a well-balanced diet.
- Your child should not have more than 24 oz of milk daily. Taking more than this amount can lead to constipation and increase the risk of iron deficiency. Milk is only part of a food group, not the primary source of calories and nutrients. Serve milk in a cup at mealtime. Otherwise, give water.
- Continue a vitamin D supplement (600 IU per day), each cup of fortified milk contains 115 IU of vitamin D. Plan to phase the bottle out between 12–15 months.
- Use diet to keep stools soft. Fluids and fiber are important.

DENTAL CARE

- Brush teeth twice a day. Give the molars a good scrub. Use a small amount of fluoride toothpaste (rice grain size). Your child should begin regular visits with a pediatric dentist by age 2.
- A fluoride supplement may be needed if your baby does not receive water containing fluoride.

DEVELOPMENT FROM 18 MONTHS – 2 YEARS

- Walks up steps holding on. Kicks and throws a ball. Enjoys large muscle activity. Sits in a chair and feeds themselves with a spoon. Draws "pictures".
- Shy with strangers. A second wave of separation anxiety may occur.
- Vocabulary of 4–10 words progressing to using 2 words together at 2 years. Speech may not be clear. Uses "no" and "mine" to assert independence.
- Hits and bites especially if excited, frustrated or having difficulty communicating. Enjoys books page-by-page and pointing to pictures.
- Recognizes names of people, objects, and body parts. May sort shapes and colors. If you have any concerns about your child's vision or hearing, please let me know.

SLEEP

- Usually taking one nap.
- When your child climbs out of the crib, it is time to move to a mattress on the floor or toddler bed.

PARENTING

- Exploring the boundaries established by your rules and your child's physical and developmental limits will occupy much of their time over the next few years. You are very important in showing them what is OK and what is not. She/he will check in with you frequently for reassurance, guidance, and security.
- Your child is self-centered at this age. It is developmentally difficult to share. Minimize the frustration when your child is playing with friends by having reasonable expectations. Offers toys that come as multiples (blocks, balls, etc.).
- Acknowledge new skills and independence. Praise whenever possible. Model a calm communication style.
- If your child does something that hurts another person, hurts property, or is harmful to them, a firm verbal reprimand, brief and clear, or "time out" is appropriate. Having a lot of "time in"—gentle, nonverbal, physical contact—is very reassuring to your child.
- There are many approaches to discipline. Now is a great time to talk to all your children's caregivers and agree on consistent guidelines for handling difficult issues.

WELL CHILD: THE FIFTEEN-EIGHTEEN MONTH OLD (2 OF 2)

ACTIVITIES

- Books, puzzles, building blocks, stacking toys, and stringing large beads. Somersaults, climbing, and dancing to music, and tracing your hand.
- Encourage children to put away toys as part of the playing. Start this habit early.
- No screen time is recommended before the age of 2. Do not entertain your baby with videos or apps on the phone, laptop or television. The human voice is the best stimulant for developing infant brains. Facetime is ok.

SAFETY

- If there are guns in the home, lock ammunition separately. Talk to your children about gun safety. For more tips on firearm safety, go to www.healthychildren.org/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx.
- Never leave your child unsupervised. Curiosity is increasing rapidly, but judgment lags behind. Be especially careful with curling irons, hot ovens and stove tops, knives, house plants and other areas where unsupervised experimenting might be harmful. Teach animal safety.
- Use sunscreen. Do not forget to reapply every 2-3 hours if continued exposure. Never leave your child unattended near water.
- Always use a properly fitted car seat. The center rear seat is safest. Children should remain rear facing until TWO years of age and when they reach the maximum weight or height for their rear facing car seat.
- In case of ingestion of poisons, call the Poison Control Center immediately. Put this number in your phone: 1 (800) 222-1222. Do not use syrup of ipecac. Visit poison.org for more information.
- If you need assistance, helpmegrowwa.org is available to help with food resources, transportation, clothing, employment, housing, or other support.

IMMUNIZATIONS

- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements.

We recommend influenza vaccination every year for all infants (age 6 months and up), children, adolescents, and adults. Visit flu.gov for more information.

Acetaminophen (Tylenol)

Child's Weight	Infant's or Children's Suspension (160 mg/5 mL)
6-12 lbs	1.25 mL
12-18 lbs	2.5 mL
18-24 lbs	3.75 mL (3/4 tsp)
over 24 lbs	5 mL (1 tsp)

Acetaminophen may be given every 4 hours but not more than 5 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child's illness or vaccine side effects.

Ibuprofen (Advil, Motrin)

Child's Weight	Infant Drops (50 mg/1.25 mL)
12-18 lbs	1.25 mL
18-24 lbs	1.875 mL
24-28 lbs	1.25 mL + 1.25 mL
over 28 lbs	1.875 mL + 1.25 mL

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours. PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

NEXT VISIT

- Please see the front page for when to schedule your baby's next visit.

BOOKS / RESOURCES

- Positive Discipline for Preschoolers* by Jane Nelsen, Ed.D., Cheryl Erwin, M.A., and Roslyn Duffy
- Raising an Emotionally Intelligent Child* by John Gottman, PhD
- 1-2-3 Magic: Effective Discipline for Children 2-12* by Thomas W. Phelan, PhD
- How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
- Normal Children Have Problems Too* by Stanley Turecki, MD
- The Difficult Child* by Stanley Turecki, M.D