

18 MONTH CHECK-UP

LEARNING AND FUN TIME!

Your baby is entering a fun stage where (s)he is learning and imitating all the time.

NUTRITION

Your toddler will get better at using the spoon, with fewer and fewer spills. It is good to let your child help choose what foods to eat. Be sure to give her only healthy foods to choose from.

Toddlers should eat small portions from all food groups: meats, fruits and vegetables, dairy products, and cereals and grains. Try to give him a little bit of what the rest of the family is eating.

Toddlers, at this age will eat 3 meals and 2 to 3 snacks each day. Encourage your child to drink milk and juice from a cup now.

Your toddler does not need juice, you can, however give up to 4 oz. per day for constipation.

DEVELOPMENT

By this age you baby will be:

- Able to walk without support and climb and run

- Stack 3 to 4 blocks, kick and throw a ball
- Say at least 10 words and can point to a couple of body parts
- Imitate what you are doing; sweeping, dusting, or washing play dishes can be fun for children.
- Puckers lips and kisses

Throws Temper Tantrums

Even though tantrums are a normal part of life for toddlers, it seems anything but normal for parents!

- It is best to make sure your toddler is in a safe place and then ignore the tantrum.
- Stick to consistent routines
- Let your child make some choices, the ones that don't count, like which color spoon to use, and be sure to accept it.
- Prepare your child if the routine needs to be changed, like a party on the weekend. Make sure he gets enough rest during the day.
- Warn him a few minutes before you plan to stop a fun activity, like "we have time for one more story and then we are going to bed."
- Be positive, praise more and scold less.



**LATA SHRIDHARAN
MD, FAAP**

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Paste your child's picture here



LATA SHRIDHARAN M.D

Phone: 972.618.3547

Fax: 972.618.3587

2109 W Spring creek Parkway, Suite 200
Plano, Tx-75023

WWW.TXNATURALPEDIATRICS.COM
www.Facebook.com/NaturalPediatrics

SLEEP

- Your toddler needs 10 to 12 hours of uninterrupted sleep at nighttime with 2 or 3 naps during the day.
- Some toddlers might start to wake up more at this age due to their new found independence. Do not restart the bottle as he is not hungry.
- Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own.
- Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night.

TOILET TRAINING

- At 18 months, most toddlers are not yet showing signs that they are ready for toilet training.
- When toddlers report to parents that they have wet or soiled their diaper, they are starting to be aware that they prefer dryness. This is the starting signal to begin potty training.
- Let them watch you or other family members use the toilet. It is important not to put too many demands on a child or punish or scold the child during toilet training.

SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Make sure windows are closed or have screens that cannot be pushed out.

Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.

Never leave an infant or toddler in a bathtub alone, not even for a few seconds!

Be within arm's reach of your baby around any water, including toilets and buckets. Infants can drown in a bucket that has water in it.

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

IMMUNIZATION

Your baby may receive vaccines at this visit.

He can get a fever with the shots and it is okay to give acetaminophen drops. There can be some redness or swelling at the site of the shots and a cool compress can help relieve the pain.

Call back for any other unusual side effects.

Thank you for letting us be a part of your child's life!

"Children are love made visible" – A Saying