

**Palisades Pediatrics, LLP
236 North Main Street
New City, NY 10956
(845)708-0400**

Eighteen (18) Months Old

Feedings:

- 1) Three meals a day of table foods. Limit whole milk to 24 oz. per day. Snacks should be limited to unsugared and unsalted foods such as fresh fruit, crackers, yogurt or cheese.
- 2) There will be periods of not wanting to eat. You as a parent should develop a “take it or leave it” attitude. Meals times should not be a battle. **DO NOT** use food as a reward or punishment
- 3) Keep menus and seasonings simple; add new foods in small amounts.

Medications:

Fluoride with a multivitamin- one dropperful or chewable tablet by mouth every day as prescribed by your Health Care Provider

Your Growing Child:

- 1) Should be off the bottle and pacifier
- 2) Feeds himself/herself, using a spoon. Hold and drinks from a cup adequately;
- 3) Understands and follows simple directions;
- 4) Identifies some body parts on request;
- 5) Uses 4-10 words. May combine two(2) words;
- 6) Holds and “loves” a doll or stuffed animal;
- 7) Imitates adult behavior (sweeping, dusting, etc);
- 8) Sleeps a total of 10-15 hours per day with one or two naps;
- 9) Can stack 3-4 blocks;
- 10) Over the next few months your child will:
 - Demonstrate fewer frustrations, since he/she is learning to put problems into words;
 - Continue to be selfish, stubborn assertive;
 - Enjoy games such as hide and seek and use memory skills;
 - Have improved coordination and agility;
 - Wash and dry hands;
 - Use plurals.

Parent Tips:

- 1) Buy toys that your child can take apart, put together or use to build (i.e. nesting toys, blocks). Child may not share toys, this is normal.
- 2) Read simple stories to your child regularly;
- 3) Play games, provide a place to climb safely.
- 4) Assign simple chores, i.e., picking up toys. Praise for good job!
- 5) Avoid screen time and **DO NOT** use it as a substitute for interaction with your child.
- 6) Some children show readiness for toilet training between 18-24 months. Buy a potty chair/seat or an attachment for your toilet.
- 7) Look for signs of toilet training readiness- dry naps or removing diaper, saying “wee-wee”, “poop”, straining, grunting after meals.
- 8) Give child clear messages about rules and limits. Praise good behavior and offer appropriate and safe choices.

Accident Prevention:

- 1) **USE CAR SEATS THAT ARE INSTALLED PROPERLY, it is required by law!!** Car seats must remain rear facing until 24 months of age
- 2) Use locked door or security gates at stairwells or entrances to dangerous areas and window guards above the first floor.
- 3) All play should be closely supervised. Children **DO NOT** understand danger.
- 4) **DO NOT** leave a chair in a position that your child can climb to a dangerous high place.
- 5) Guard against drowning.
- 6) Guard against electrical injuries from electrical cords or unprotected outlets.
- 7) Keep medicines, household cleaners, and poisons out of reach. **CALL the POISON CENTER at 1-800-222-1222 if accidental ingestion occurs**
- 8) Always use **PABA free sunscreen with SPF of 15** with any sun exposure.
- 9) Never leave child alone with another child or pet.
- 10) Teach child **NOT** to tease animals and **NOT** to go near them when eating. Make sure pets are free of ticks and fleas and vaccinated regularly for rabies.

Screening tests:

- 1) Ages and Stages developmental screening tool will be administered as well as a screen for autistic spectrum disorder.
- 2) A photo screening vision test will be performed to detect vision or eye problems.

Lab Work:

If your Health Care Provider feels your child is at risk or has NOT been tested at a previous visit, a blood test may be ordered today to check for anemia and lead poisoning.

Special Instructions:

Next Visit:

At 2 years age for well child check and routine lab test to check for anemia and lead poisoning, developmental screening.