

18 Month Well Child Check

Development

Speaks 6 words

Points to indicate wants

Points to one body part

Laughs in response to others

Is spontaneous with affection

Helps in house

Walks up steps and runs

Imitate crayon stroke and scribble

Likes to watch and imitate

Follows simple instructions



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

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- Keep family outings short and simple, long activities tire the toddler
 - Praise your child for good behavior & accomplishments
- Acknowledge conflict between siblings, try to resolve without taking sides
- Give your child sense of control by offering a choice of 2 options when possible
 - Do not allow hitting, biting or any other aggressive behavior

18 Month Well Child Check Cont.



Parents Points of Interest

Child Care

If you need financial assistance to help pay for child care check into your local health dept.

Food

Let your toddler try new foods, you may have to offer several times, but do not limit the menu to only the foods your child likes.

Television

Television is not recommended for children under the age of 2.

Poison Control

Keep on hand in an easy to find location:

1-800-222-1222

Vitamin D

All children should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.

Remember....

What children experience, including how their parents respond to them, shapes their development as they adapt to the world.

Discipline

- Decide with other caregivers what limits are important
- Reinforce specific limits and appropriate behavior, be consistent!
 - Distraction with different activity, toys or books
 - Praise good behavior and tasks completed
- Teach your toddler not to hit or bite, and model this behavior by avoiding aggressive behaviors yourself

Toilet Training

- Do not attempt toilet training until your toddler is dry for 2 hours at a time
- Your toddler also needs to know the difference between being wet & dry
 - Begin to read books about using the potty
 - Let your toddler watch bathroom use by same-sex parent or sibling
- Your toddler is not ready until he wants to learn & expresses interest!

Safety

- Rear-facing, back-seat, car seat position is the safest protection until your child is two years of age
- Remove poisons & toxins from your home or ensure they are out of reach
 - Use gates at top & bottom of the stairs, keep windows inaccessible
 - Turn pan handles inward on stove, out of reach
- Make sure smoke detectors work & keep lighters/matches out of reach
 - Hottest temperature at faucet should be 120 degrees

Nutrition

- Strive for five fruits and vegetables every day
- Toddlers should get 16 ounces of dairy and no sweetened drinks

For additional information on these and more topics visit: www.renaissanceped.com