

18M
PEDIATRIC
CARE ADVISOR



Well Child Care
18 Months



Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.

Nutrition

Toddlers have periods of eating well as well as days with little food intake. We usually expect children to eat more than they actually need. While it may seem as if your child “barely eats,” most kids are very good at knowing how much they need in order to grow.

Offer healthy meals and snacks. Limit sweets and junk food like chips. Limit sugar and fat. Milk should be given at meal times, but limit it to 16 ounces per day. Limit juice and all sweetened beverages to 4 ounces per day. Water should be offered throughout the day. Wean all bottles and pacifiers.

Limit TV to 1 hour per day. Encourage your child to be active and play outdoors.

Development & Behavior

Most toddlers are walking and starting to run. Children at this age should be learning new words, 10-20 word vocabulary is appropriate. Your toddler should understand what you are saying and start to follow directions. Talk to your child and explain what you are doing. Read books with your children.

It is appropriate to give toddlers of this age a 1 minute “time out” for unacceptable behavior. Always end the time out with a hug and remind the child why they were in time out.

Toddlers this age are rarely ready for potty training due to physiologic restrictions. You can start introducing your child to the potty chair and discuss potty training as it will start in the next six months.

Bedtime

Establish a bedtime routine and never let your toddler go to bed with a bottle or cup of juice or milk. Reading is a good bedtime activity and will help develop your child’s vocabulary.

Teeth

You should brush your child’s teeth twice a day with a smear of fluoridated tooth paste (grain of rice sized amount). Dental visits are recommended at this age and should be scheduled every 6 months.

About this guide

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor’s office if you have questions about this information.

Safety

- The AAP Recommends backward facing toddler car seats should be used until a child is over 20 pounds and 2 years of age. Do not leave your child alone in the car. If your child has outgrown the infant seat, be sure to purchase a convertible seat.
- Do not leave your child unsupervised near water; an adult should always be present.
- Use gates or fences around pool areas.
- Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between the hours of 11 a.m. and 1 p.m.
- Keep all medication and cleaning fluids locked in cabinets or in areas that your baby cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician’s office (or the physician on call).

Immunizations

Your child will receive vaccines during this visit. Most children receive Hepatitis A. Depending on what vaccines they received at 12 and 15 months, your child may also need the following vaccines: DTaP (Diphtheria, Tetanus, and Pertussis), and/or Hemophilus influenza type b.

It is recommended that all children get a flu vaccine every Fall. If this is your child’s first flu vaccine, an additional vaccine will be required in 1 month.

You can find more information on vaccinations online at: http://www.facey.com/ped/child_care.php

The Next Visit

Your child’s next appointment will be at 2 years.

live healthy
enjoy life