

Your 18 – Month – Old Baby



— Goldsboro —
Pediatrics P. A.

Immunizations on your next visit:

- DTP-AC #4
- IPV #3

Call our office:

- If you have any questions
- If you have concerns about the immunizations
- If your child has a fever over 104°
- If you feel your child's behavior is not normal
- If your child has persistent vomiting, diarrhea or looks unusually limp or pale

Developmental Issues

Most toddlers at 18 months of age should be able to:

- Walk up stairs and walk backwards
- Kick a ball and throw a ball over hand
- Feed self with spoon /fork
- Remove clothing
- Stack 3 – 4 blocks
- Turn 2 – 3 pages in a book
- Scribble spontaneously
- Point to pictures
- Use 6 or more words, use 2 word combinations and name one body part.

Nutrition

- Your toddler needs foods from the four basic food groups.
 - meat, fish, poultry, eggs
 - dairy products
 - fruits and vegetables
 - cereal, grains, potatoes, rice, breads, pasta
- Avoid choking foods that are hard and large enough to plug the airway like popcorn, peanuts, hard candy, grapes, carrots, and hot dogs.
- Make sure anything given is mashed, cut into small, chewable pieces.
- Give healthy snacks such as fruit, bread, crackers or cheese. (Avoid Sweets/ Soda)
- Need 16 – 20 ounces of milk a day
- Small portions may be preferred
- Encourage 3 meals a day
- May have a decreased appetite / picky eater
- Do not force to eat

Sleeping

- No toddler looks forward to sleep and missing out on the action.
- Parents and caregivers should recognize signs of sleepiness and make that regular nap time or bedtime.
- Toddlers do well with a quiet bedtime ritual such as a bath, a story or a song.
- Night time awakenings may be caused by changing rooms, losing a favorite toy or blanket, being away from home, illness or cutting a tooth. Help your toddler learn to settle himself by 1.) not picking him up or bringing him to your room 2.) keeping the light off 3.) keeping your attention to him as brief as possible. 4.) not feeding or playing with him
- After being comforted, the child may cry himself back to sleep.

Toilet Training

- Most children are not ready to be introduced to toilet training until age 2. If your toddler is showing interest, ask your Health Care Provider for information.

Discipline

Toddlers act on impulses of the moment; they have a limited understanding of right from wrong. A parent's example of honesty, understanding, trust and dedication will teach you child to become caring, honest and trust worthy.

- Parents should set realistic and reasonable limits for their toddlers behavior.
- Praise and attention from the caregiver are powerful rewards that can motivate the child to obey reasonable rules that are set for them.
- The most important rules to teach your child first are the rules that keep him safe (ex. not running in the street).
BE CONSISTENT.
- Parents need to show and tell their toddler in simple terms what is okay and what is not. Remember he/she is not behaving this way to cause trouble, but is acting out of curiosity.
- Parents may help their child better deal with their new found independences by offering choices whenever possible. Offer two or three choices such as which book to read.
- Parents should offer their child opportunities to be their helper such as turning pages in a book, wiping up spills in the kitchen, or trying to dress themselves.
- Try to ignore temper tantrums to not reinforce this behavior.
- Read to your child.

Safety Tips

- Remove all hanging toys from the crib.
- Keep the mattress at the lowest setting and remove any objects that your toddler could stack and climb on to get out. Consider moving to a toddler bed if climbing out of crib.
- Keep the crib away from all draperies and electrical cords.
- Do not give your toddler electrical or motorized toys.
- Protect from burns (ex. Curling irons, irons, heaters)
- Avoid choking foods. (ex. hot dogs, peanuts, hard candy)
- Never leave your toddler alone around any body of water.
- Install barriers in open windows with screens to prevent your child from pushing them out.
- Cap all electrical outlets and lock away poisonous liquids such as cleaning fluids.
- Guns are not recommended to be kept in a house with children. If you have guns, keep them unloaded and locked out of sight and keep ammunition stored in a separate place.
- Hold on to your toddler when you are near traffic.
- Set up fences to make his play area safe.
- Poison Control 1-800-848-6946

Car Safety

- Your 18 month old should be in the back seat facing forward in a toddler car seat.
- Always use the harness in your child's safety seat and make sure the seat is buckled properly.
- Remember: one person one belt.
- Never allow your child to crawl out to the safety seat.
- Never leave your child alone in the car.

For more information in North Carolina call: Highway Safety Research Center 1-800-672-4527



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