

NAME _____

DATE _____

WEIGHT _____ (_____ %)

LENGTH _____ (_____ %)

HEAD _____ (_____ %)



FOR YOUR 18 MONTH OLD

DIET

Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with fingers and a spoon.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, hard candies, or hot dogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein and zinc.

Continue prenatal vitamins if you are still breastfeeding.

Your toddler should drink no more than 16-24 oz. of whole milk each day. Too much milk can lead to picky eating and possibly iron-deficiency anemia.

It is time to wean from the bottle. Put the milk in a "sippy" cup instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most toddlers do not need additional vitamins. Your child does need 400 IU/day of vitamin D in their diet or as a supplement.

Your job as parent is to choose the best foods for your child. Offer 3 regular meals & healthy snacks. Make feeding time happy. It is your child's job to decide how much to eat or even to eat at all!

DEVELOPMENT (18-24 MONTHS)

Walks quickly, walks backwards, climbs into chair, runs, jumps, dresses with help.

Puts 2 words together, may use up to 50 words, communicates with gestures, points to named body part or object, understands commands.

Uses spoon/fork, uses cup, scribbles, stacks blocks.

Likes to play with other children, plays pretend games, talks on the phone.

AVERAGE DIET FOR TODDLERS:

Cereals - Iron-fortified infant cereal (rice, mixed barley, or oatmeal), cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits - Fresh stewed, or baked, small pieces of fruits according to chewing ability.

Vegetables - Fresh steamed or broiled, canned or frozen, refrain from raw vegetables-offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats/poultry, meats served in soups, use strained baby meats as a sandwich spread-avoid fried foods.

Dairy - Soft mild cheeses (cottage, cream, American, cheddar), pudding or yogurt.

Eggs - Coddled, poached, scrambled, hard-boiled, egg salad or omelet.

Fish - Mild fish fillets, salmon, tuna, fish sticks - Watch for bones and hard breading! Try to avoid shellfish until age two.

Starch - Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

SLEEP

A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your toddler to sleep more or less than the average. Typical bedtime for a toddler is 7-8 pm.

Most toddlers take 1 nap at this age

FOR YOUR 18 MONTH OLD

SAFETY

Car seats should be rear facing until 2 years or as long as the carseat will allow.

Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler's environment.

Guns are dangerous! Keep gun and ammunition locked in separate places.

Lock cabinets and keep cleaners, medications, plastic bags, and small objects away from your toddler.

Keep the Poison Control number by your telephone; (800) 222-1222.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride.

OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush to clean your toddler's teeth every day. You should use a small amount (like a rice grain) of fluoridated toothpaste on the brush.

Have your toddler's shoes properly fitted in length and width, buy flexible shoes.

Read to your child daily!

BEHAVIOR/DISCIPLINE

Be consistent. Praise good behavior. Avoid too many rules. Say "No", and then physically remove your child from a dangerous situation. Do not yell or spank. Be a good role model.

All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry.

Ignore attention-seeking tantrums - do not try to reason with your toddler.

Securely hold your toddler until he relaxes if there is danger of injury.

SUGGESTED READING

"What to Expect the Toddler Years"

"Caring for Your Baby and Young Child; Birth to 5"

WEBSITES

www.carypediatriccenter.com

www.aap.org

www.cdc.gov/vaccines

www.seatcheck.org

www.healthychildren.org

ACETAMINOPHEN DOSAGE (160 mg/5ml)

(EVERY 4-6 HOURS)

6-11 lbs = 1.25 ml

12-17 lbs = 2.5ml

18-23 lbs = 3.75 ml

24-35 lbs = 5.0 ml

INFANT IBUPROFEN DOSAGE (50 mg/1.25ml)

(EVERY 6-8 HOURS)

18 -23 lbs = 1.875ml

23-35 lbs = 1 tsp Children's Ibuprofen (100mg/5ml)

TESTS/IMMUNIZATIONS FOR TODAY

You will be given 2 developmental questionnaires in our office. Vaccines may be given as well.

ADDITIONAL INSTRUCTIONS

YOUR NEXT APPOINTMENT IS AT 2 YEARS

at the two year check-up...

- Your toddler will have a physical examination.
- Your questions and concerns will be answered.
- You will be given a developmental questionnaire and autism screening tool to complete in our office.