

# Princeton Nassau Pediatrics, P. A.

## 18 Month Well Visit

### *What your baby may be doing now:*

- Walking, running
- Saying 15-20 words
- Use a spoon and a cup
- Pointing with fingers to indicate wants

### *Feeding:*

- Stop using a bottle, and use a cup instead
- Offer your child 2 cups milk/day, and no more than one cup of juice
- Feed your child 3 meals daily plus snacks
- Offer a variety of healthy foods every day- your child will decide how much to eat. Picky eating is normal, and your child will have “good days” and “bad days.”
- Give your child a multivitamin daily. If you do not use fluoridated water, your child may need a fluoride supplement.

### *Parenting:*

- Brush teeth with a soft toothbrush every day.
- Say “no” to your child when necessary, and remove him from the dangerous situation. Avoid yelling or spanking.
- If your child has a tantrum, try to ignore it, or distract her with something else. Often tantrums happen when your child is tired or hungry- try to address this issue if that is the case.
- Read books to your child.
- Start teaching your child about “pee” and “poop.” Most children won’t be ready to start toilet training until 22-24 months of age, but you can start teaching the vocabulary now.

### *Safety*

- Use a car seat for every ride.
- Drivers can’t see small children- watch your child very carefully in your driveway and in parking lots.

- Avoid falls- be sure your crib has the mattress at the lowest setting, and if your child is climbing out, it’s time to switch to a toddler bed.
- Prevent drowning-supervise your child at all times when near water
- Use sun block whenever you are out.
- Prevent choking- keep small objects and toys out of your child’s reach.
- Childproof your home- cover electrical outlets; install cabinet latches; keep cleaning products out of reach, etc.
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

### *When to call the office:*

- If your child has vomiting and diarrhea for more than a day, is acting very sluggish or irritable, has trouble breathing, has a fever over 102°F, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

### *Vaccines/Tests at this visit:*

- [DTaP](#)
- [Flu shot](#) (in season)
- [PNP Vaccine policy](#)

Your child may have a mild fever or fussiness after his vaccines today. You may use Tylenol or Motrin every 4-6 hrs as needed over the next 2 days. [Dosing Chart](#)

### *Web Resources*

- [www.aap.org](http://www.aap.org)
- [Temper tantrums](#)
- [Communication and your child](#)
- [www.zerotothree.org](http://www.zerotothree.org)
- [Learning, play and your child](#)
- [Toilet training basics](#)
- [Children’s Hospital of Philadelphia Vaccine Website](#)