

## 18 Month Well Child Visit

Weight\_\_\_\_\_ ( %)

Length\_\_\_\_\_ ( %)

Head Circumference\_\_\_\_\_ ( %)

### What to Expect:

*Immunizations:* Hepatitis A vaccine, Influenza vaccine in fall/winter

*Screenings/Labs:* TB and Lead risk assessment, You will complete a PEDS tool to screen development

### Feeding / Nutrition:

Your toddler will become even more independent in their eating and will be using utensils fairly well to feed themselves a wide variety of foods. Continue to offer whole milk and water in a cup while avoiding sugary drinks and juices. They may develop what we call a “toddler diet” in which they skip meals, start to become pickier, do not eat much some days and eat more than you other days.

Tips to avoid having a picky eater include:

- continue to offer healthy well balanced meals 3 times a day as well as snacks 2 times each day, though avoid over snacking by keeping the portions small and avoiding excess crackers/cereals
- If they choose not to eat the healthy meal offered, offer it again a little later. Do not make them another meal of their favorite foods – by being a short order cook for them, they will never learn to eat a variety and will just wait until you offer them their favorites (they are smart like this!)
- It can take 20-30 times of offering a new food before some kids will try it – Do not give up!

### Development:

- Your toddler should be saying at least 5-10 words and saying and shaking their head “No”
- They should be able to point to body parts when named
- Your toddler should be running and may walk up steps, they will start to help undress themselves
- They will start simple pretend play (such as feeding a doll or using the phone)
- Temper tantrums will become more common – do not give them an audience, continue to distract and redirect them

### Safety Issues:

- Call poison control with ingestions, stings or bites: # 1-800-222-1222
- Continue using a rear facing car seat in the rear of vehicle, remember to replace if in an accident
- Protect them from drowning by keeping doors locked and pool gates closed at all times, stay within reach at all times when around water and turn off distractions like phones and TVs
- Keep medications, vitamins, and cleaning supplies, as well as all guns, out of reach and locked – even at grandparent’s and caregiver’s homes

### Notes: