



## Well care education- 18-month-old

- **DEVELOPMENT:**

- Your baby should be walking without holding on to anyone or anything. He/she should drink from a cup without a lid and feed him/herself with fingers. They should copy you doing chores and play with toys in a simple way. They should be trying to say three or more words other than “mama” or “dada” and follow one-step directions without any gestures. Additionally, they should point to show you something interesting.
- Signs that your baby is ready for toilet training include: dry for 2 hours, knows if he/she is wet or dry, can pull pants down and up, wants to learn, can you tell if he/she is going to have a bowel movement.

- **EMERGENCIES:**

- A word on fever: fever by itself is NOT dangerous. However, if your child is lethargic, inconsolable despite giving medications, having difficulty breathing, vomiting a lot or does not respond well to a single dose of acetaminophen or ibuprofen, please call. Also, if your child has a fever >5 days, please call us.
- If your child ingests something that they should not have, please call **Poison Control at 1-800-222-1222**

- **SKIN CARE:**

- Please apply sunscreen to your child if he/she will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double his/her risk of skin cancer.

- **ORAL CARE:**

- Please brush your child’s teeth with a soft bristle toothbrush twice a day. If their drinking water does not contain fluoride, please use toothpaste that DOES have fluoride in it, but only use an amount the size of a grain of rice. Start looking for a pediatric dentist at this point.

- **SLEEP**

- Your baby should be sleeping about 14 hours per day with 10-12 of those hours occurring as nighttime sleep. He/she should no longer be waking you up at night.

- **CAR RESTRAINTS:**

- Your baby’s car seat should remain in the backseat facing the rear of your vehicle until he/she is at least 40lbs. and remains within the car seat parameters.

- **VACCINES:**

- Today, your child may receive vaccines. The most common reaction is a fever within 48 hours of vaccine administration. Please refer to handout for further information.

- **SAFETY:**
  - Lock away medications, cleaning, and lawn supplies.
  - Place gates at the top and bottom of stairs and lock windows on the 2<sup>nd</sup> floor or higher floors.
  - Always have your baby under supervision while on pool or water related activities. ALWAYS look in the water first if your child is missing.
  - **WE STRONGLY RECOMMEND SWIM LESSONS IF YOUR CHILD HAS NOT ATTENDED THUS FAR.**
  
- **NUTRITION:**
  - Your baby should not drink more than 12-24 oz of whole milk/day. Too much milk can lead to iron deficiency anemia, constipation and picky eating.
  - Avoid giving your child large food pieces such as carrots, celery, popcorn, nuts, seeds, hotdogs, or whole grapes that may cause choking.
  - **PLEASE AVOID GIVING YOUR CHILD JUICE UNLESS INSTRUCTED TO DO SO BY THE PEDIATRICIAN** (for constipation).
  
- **USEFUL WEBSITES:**
  - Chop.edu/primary-care/well-child-visits-what-expect
  - **MOTRIN AND TYLENOL DOSES:** [www.Mahoneypeds.com](http://www.Mahoneypeds.com)
  - For additional tips on nutrition, drowning prevention, childproofing, screen time, safety: [www.Healthychildren.org](http://www.Healthychildren.org)