



Mimi Peterson, MD Scott Radomsky, MD Amy Montgomery, MD
Sandy Herron, MD Amelia K. Decker, MD Jennifer Moher, MD Brent Watkins, MD
7507 East Tanque Verde Road, Tucson, AZ 85715 Phone 520-722-2585 Fax 520-722-1097
WWW.TANQUEVERDEPEDS.COM

18 MONTH EXAMINATION

1. Nutrition: Avoid snacks that cause cavities, including sugar cereals. Limit juice to 4 ounces per day. Offer 3 meals and 2 snacks per day. Your child should be off the bottle by this age.
2. Development: Children generally have many physical accomplishments at this age. They can usually walk, climb, drink from a cup, use a spoon, remove clothes and imitate physical tasks around the house. Most know about 10 words. Encourage both active and quiet play.
3. Language: Your child is probably picking up many words. You can assist your child in many ways:
 - a) Give your child words for the objects in the immediate surroundings. Encourage the child to imitate those words.
 - b) Give your child words for actions, like “jump”, “eat”, “drink”, and “run”.
 - c) Talk with your child and listen to what is being said.
 - d) Read to your child every day.
 - e) Limit TV viewing: The American Academy of Pediatrics recommends no TV at this age. If you choose to watch any please choose high quality programming.
4. Toilet training: Please keep in mind the following factors:
 - a) Most children are not ready to begin toilet training at 18 months.
 - b) Average age for girls to be toilet trained is 2 1/2 years.
 - c) Average age for boys to be toilet trained is 3 1/2 years.
 - d) Toilet training should be a positive experience. If a child is resistant at the attempt, it is best to forget about it for a few months, then try again. A child small for the toilet seat may need to grow some before beginning training. If your child seems interested, have a potty seat available and reward positive results.
5. Discipline
 - a) Don't expect children to share at this age.
 - b) A child may be given simple chores such as picking up toys
 - c) Continue to use praise and attention for good behavior.
 - d) Temper tantrums: can be a problem at this age. The most effective method of dealing with them is to ignore them. A time-out place for 2 minutes may also be effective. Try use of distraction or redirection.

Time out technique: If a time out is needed for aggressive or unsafe behavior:

- a) First clearly and calmly state the rule, i.e. "no hitting"
- b) If behavior persists, repeat the rule calmly and pick your child up with his back toward you.
- c) Put him in the designated "time-out area".
- d) Wait one minute for each year of your child's age before you return.
- e) The keys are consistency, calmness and limit rules to those very important such as safety and aggression to avoid frustrating your child with too many rules.

6. Injury prevention

- a) Car Safety: Use a car seat. Children are safest in the back seat. Never place a child less than twelve in front of an air bag. They should still be REAR facing until 2 years old!
- b) Drowning: Never leave small children alone in the bathtub even in a bathtub seat or ring. Drain bathtubs and buckets immediately after use. Never leave children unattended around swimming pools. Make sure a fence with a self-latching, self-locking gate completely surrounds the pool. Designate a "child watcher" at gatherings. Keep a phone by the pool.
- c) Poisoning: Use safety caps on medicines. Household cleansers and polishes must be kept out of reach. Call the Poison Control Center at 1-800-222-1222 if an ingestion occurs
- d) Sun safety: Babies should be protected from the sun with clothing, umbrellas or shade. Use sunscreen whenever you will be outside.
- e) Guns: if you own guns keep them in a gun safe, and ammunition in a separate locked place.
- f) Choking: Avoid peanuts, gum, hard candy and popcorn until age five. Children can choke on foods that they can't chew well. Be sure foods such as raisins, grapes, peas and corn are prepared in a size and consistency that your child can handle.
- g) Burns: Turn pot handles toward the back of the stove. Test batteries in smoke detectors every month and change batteries every year. Be careful with irons and curling irons.

7. Dental care: Clean teeth with soft cloth or toothbrush. A small smear of toothpaste on the brush is recommended. Remember, do not put your child in bed with a bottle, or let child sleep latched onto the breast as this can lead to tooth decay. Don't allow your child to "graze" all day on milk or juice.

8. Medication:

	<u>Acetaminophen Children's Liquid</u> (Tylenol, Tempra) 160mg/5cc	<u>Ibuprofen Children's Liquid</u> (Motrin, Advil)100mg/5cc
<u>Weight</u>	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

In winter months, babies 6-23 months will be vaccinated for influenza.

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.
www.theparentconnectionaz.org.
- Child and Family resources offers information about available child care.
www.childfamilyresources.org.
- The American Academy of Pediatrics has a web site:
www.healthychildren.org.

NEXT VISIT: 24 Months of age