

18-23 MONTH WELL CHILD VISIT

WT: _____, _____% HT: _____, _____% HC: _____, _____% FLUORIDE: yes no

DIET:

- At 18 months your child should drink 32oz. of milk each day for the proper **calcium** intake.
- **Infant cereal** should be continued until 2 years of age.
- Encourage your child to drink **water, avoiding juices, Capri Sun, Sunny D** all together. **No more bottles!**
- **Foods must be cut into pieces** smaller than your baby's pinky fingernail. All foods must be fed with the caregiver in attendance! Do not feed your baby raw carrots, whole grapes, hot dogs, pretzel nuggets, or nuts.
- Your child may show some **food fussiness**. This is a time of decreasing food requirements. Do not be alarmed!! Avoid food battles. Do not over emphasize eating and do not permit your child to eat a little bit all through the day. Rather, have your child eat regular meals at the table, with a single small healthy snack between meals. A rule of thumb to follow when feeding toddlers is **1 tablespoon of each food group per year of age per meal. Limit sweets** and encourage whole grains, fruits, and vegetables. **Do not overfeed!**

VACCINES: DTaP Hepatitis A Other: _____

- Vaccine Information Sheets (VIS) are available for review on our web site pcpmds.com under "forms and handouts." There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have also been sent to your own personal portal. Laminated copies are available for your review in the office.
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with either:
- **acetaminophen** 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours

GENERAL INFORMATION

Dental: Until your child is 6 years old, a parent must brush his teeth twice daily.

Toilet Training: Prompt diaper changes may encourage toilet training desires. Some babies may be interested in toilet training. For those who show interest, encourage it!!!

SAFETY: Remember, an accident is the greatest threat to your child's life!!

Falls: The first time your child climbs out of the crib should be the last time. TAKE IT DOWN!!! Also, use gates on stairways and doors. Watch for chairs that can be used for climbing up on counters, tables, etc.

Firearms: If you must keep a gun, keep it unloaded and in a locked place separate from the ammunition.

Burns: test the batteries in your smoke alarm. The water temperature in your home should be no more than 120 F degrees. All pots on the stove should have handles facing inward, and out of reach of children.

Sun protection: make sure to use SPF 30 or more when your child is outdoors.

Drowning: Never leave your child around any water, even for a moment. Pools should be fenced on all sides.

Poisoning: Make sure the poison control phone number, 800-222-1222, is in all cell phones of ALL caregivers. Use safety latches. Lock up all substances with warning, caution, or poison labels on them.

Car: Car crashes are the greatest danger to your child's life. Children should only ride in the rear seat of the car and only in an approved car seat until 4'9 inches tall and/ or 13 years of age. Until 2 years of age they should be rear facing.

Animals: Teach them never to approach any animal they do not know personally.

Choking/Strangulation: Your child will put anything in his or her mouth!! Keep all small objects out of reach and remove all drawstrings from hoods, jackets, etc. Also, keep all blind pull strings and electrical cords high and out of your child's reach. Learn CPR.

SOCIAL: Encourage and nourish **all the relationships** in your child's home. This builds a strong family.

Read to you child and **limit TV!!** Children under 2 years of age should not watch TV or be playing video games. It is better to play and read with your child!!!! T.V. promotes obesity, decreases school performance and promotes childhood fears and anxiety. This includes educational T.V.!

Discipline your child using a firm voice and time outs – 1 minute per year of life. Pick your battles. **Do not** start the battle unless you **will** win the war. Notice and **praise** your child's good behavior.