

18-23 MONTH WELL CHILD VISIT Name: _____ **Date:** _____

WT: _____, _____% **HT:** _____, _____% **HC:** _____, _____%

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, limiting if not avoiding juices all together. Also, encourage the use of a cup.
- Foods must be cut into pieces smaller than your baby's pinky fingernail. All foods must be feed 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, encouraging whole grains, fruits, and vegetables. Do not overfeed!

VACCINES Please see vaccine information sheets for details

DPaT- Note: Fever, fussiness, or site irritation rarely occurs. These symptoms should resolve within 48 hours.

Hep A- the Hep A vaccine will immunize your child against Hepatitis A, a virus that can be acquired through contaminated food and water.

- Tylenol Syrup 160mg/5ml Dose: ___ml. every 4 hours Motrin/Advil Syrup 100mg/5ml dose: _____ml. every 6 hours. Use only if needed since Tylenol/Motrin may decrease vaccine effectiveness.

GENERAL MEDICAL CARE.

- Until your child is 6 years old, a parent must brush his teeth twice daily. Please review the **Dental** poster in the exam room.
- 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 he or she climbs out of the crib. 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: Never carry your baby and hot foods at the same time. Also, keep all hot items away from your growing babies grasp. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.

Drowning: never leave your baby without an adult's hand physically on him or her around any water- even for a moment. This includes pails, toilets, pools, bathtubs, etc. Pools should be fenced on all sides.

Poisoning: Lock up/remove all materials in your home with any caution, warning or poison labels. In case of questionable ingestion, call the Poison Control @ 800-222-1222.

Car: Car crashes are the greatest danger to your child's life. Your baby must be in a car seat, properly installed, facing forward every time he or she is in the car. Your child should always be in the rear seat of the car.

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/DEVELOPMENT

- The greatest gift you can give to your baby is a happy parent(s). Take time off from your child and encourage and nourish all relationships in your child's home. Encourage sibling relationships!!
- **Read, Sing, and Talk** to your baby daily. This will help with his or her language and mathematical development.
- Babies do not need to watch **TV**. Your child's habits are forming already!! TV and video games may actually decrease your child's intelligence, promote obesity and increase childhood fears.
- **Discipline** your child with 1.5-minute time outs and a firm voice. Notice and **praise** your child's good behavior.

FOLLOW-UP

Your baby's next well child visit is at **2 YEARS OLD**. Make your appointment today!!

PLEASE TAKE THE MCHAT SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT

DATE _____ TIME _____ MD _____ REASON _____

