

TODAYS VISIT: 18-23 MONTH WELL CHILD**NEXT VISIT:** _____

Please familiarize yourself with our website www.pcpmds.com. On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

WT: _____, _____% **HT:** _____, _____% **HC:** _____, _____% **FLUORIDE:** YES NO

DIET:

- Your child needs **16 oz of whole fat cow's milk daily** get the necessary calcium (700mg) and vitamin D (400IU). Plant-based milks generally are not recommended for children <5 years of age unless they have cow milk allergy or intolerance. See our web site for more details
- **Infant cereal** should be continued until 2 years of age.
- Encourage your child to drink water. **NO JUICE EVER**. Juice, (even if 100% juice), Capri Sun, and Sunny D, should be avoided since these foods promote childhood obesity and cavities. Also, encourage the use of a cup.
- 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 baby may show some **food fussiness**. This is a time of decreasing food requirements-do not be alarmed!!
- **Limit sweets** and encourage whole grains, fruits, and vegetables. **Do not overfeed!**

VACCINES: DTaP Hepatitis A Other: _____

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. DTaP may cause fever in 15% of patients.

GENERAL INFORMATION

Medication: acetaminophen 160/5ml () ml every 4 hours as needed or ibuprofen 100mg/5ml () ml every 6 hours for fever > 101 or significant pain.

Dental: Until your child is 6 years old, a parent must brush his teeth twice daily. Children should go to sleep with clean teeth.

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, **1-800-222-1222**, 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 your child and avoid **all types of media!!** 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!!!! Media promotes obesity, decreases school performance, and promotes childhood fears and anxiety. This includes educational media! **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.