

Well-child check up: 18 months

Child's name: _____ Date: _____ Height: _____ Weight: _____

Immunizations received: _____

Next visit: _____ Immunizations needed: _____

Remember to bring your child's vaccine record with you.

Nutrition

Prevent choking by cutting food into small pieces.

Your child needs foods from all the basic food groups. These groups include:

- milk, cheese, yogurt
- protein foods: beans, cheese, chicken, eggs, fish, meat
- fruit
- green and yellow vegetables
- bread, cereal, potatoes, rice

If you haven't stopped using the bottle, **never** let your baby go to sleep with one that has anything but water in it.

To prevent tooth decay, brush and floss your child's teeth every day. No toothpaste is needed.

Elimination

It is normal to have a soft stool every 1 to 3 days. Your child may be more interested in potty training, but it is still early.

Sleeping

Most children are sleeping 10 to 12 hours at night with a 1 to 3 hour afternoon nap.

Growth and development

Children develop at their own rate. At 18 months, your child may be doing some of the following:

- dressing self (give choices to pick from).
- feeding self with a spoon or fork.
- playing naming games of items around the house or on walks.
- building with blocks.
- looking at books or magazines.
- following simple instructions.
- scribbling, painting, or chalk drawing.

Learning through play

Read, sing, and talk to your child. This is an act of love and closeness.

Encourage imaginative play.

Safety

- Use a car seat correctly, in the back seat, every time your child rides in the car until 4 years old and 40 pounds.
- **Never leave your baby alone in the car**, even for a few minutes.
- **Never** leave your child (even for a few seconds) in or near water (bathtub, pool, lake).
- Keep the crib rails up.
- Be aware of items that can cause choking: buttons, small toy parts, coins, and hard candies.
- Keep the Poison Control number by the phone (1-800-222-1222).
- Exploring is your child's passion. Watch out for electrical cords, hot stoves, hot pot handles, cleaning chemicals, and streets with traffic.
- Use sunscreen (SPF 15 or higher) when your child is in the sun.
- Have smoke detectors in working order.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

Positive parenting

Help your child develop a sense of independence.

- Expect commotion and messes with toys on the floor.
- Sharing toys may not come easily. This will come with time.
- Praise good behavior.
- Allow opportunities for making choices.

- Your child may still cherish a security blanket or toy.
- Don't rush toilet training.

See the booklet, *Positive Discipline*, available on our Website.

Preventing illness

Make sure everyone in the family washes their hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don't smoke in the home or car.

Your child will be tested for lead as needed. Check for chipping paint. Make sure painted surfaces are lead-free. Lead particles can also be found in household dust and outside soil. To help prevent your baby from swallowing lead, wash hands and face often, especially before eating or drinking.

When should I call the clinic?

- rectal temperature higher than 100.4° F
- if you are worried about your child
- trouble breathing – **call 911**

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107
St. Paul clinic (651) 220-6700

Family Resource Center (health, parenting, and community resource library)

Minneapolis (612) 813-6816
St. Paul (651) 220-6368

Parent Warmline (612) 813-6336
(child development and behavior)

Web site www.childrensmn.org
(includes information about visiting Children's, illnesses, and parenting, as well as Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

Community resources

2-1-1 Phone Helpline (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

Child safety seat inspections (free) (information about the nearest location) 1-866-SEAT-CHECK www.seatcheck.org

Early Childhood Family Education (classes about raising young children) Call your local school district.

Early Childhood Special Education (screening and services for children with developmental delay or disability) Call your county.

Minnesota Tobacco Helpline (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

Poison Control Center
Toll-free number: 1-800-222-1222

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
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