



## 18 Month Well Child Check

### Expected Developmental Milestones

- Vocabulary of 7-20 words
- Can identify ordinary objects (phone, spoon)
- Points to one body part
- Drinks from a cup
- Walking up steps one at a time
- Likes to hand things to others as play
- Shows affection to familiar people

### Safety

- Rear-facing car seat in the back seat until 2 years of age
- Never leave your baby alone near any water
- Lock up poisons, medicines, cleaning supplies, and knives/scissors
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately
- Use a sunscreen labeled "broad-spectrum" and at least SPF 15. Apply generously 15-30 min before going outdoors and be sure to reapply every 2 hours

### Play

- Do not expect your toddler to share
- Create family time to be together
- Teach child not to hit, bite, or hurt other people or pets

### Med Dosing

<i>Weight</i>	<i>Children's Motrin (every 6-8 hours as needed)</i>	<i>Children's Tylenol (every 4-6 hours as needed)</i>
18-23 lbs	3.75 mL (¾ tsp)	3.75 mL (¾ tsp)
24-35 lbs	5 mL (1 tsp)	5 mL (1 tsp)

### Toilet Training

- Signs of being ready to potty train:
  - o Dry for 2 hours or more
  - o Knows if wet or dry
  - o Can pull pants up and down
- Can tell you if going to have a stool
- Read books about toilet training with child
- Praise sitting on the potty even with clothes on

### Behavior

- Set limits that are important to you
- Praise good behavior
- Keep time-outs brief, tell child in simple words what behavior was unacceptable
- Change child's focus to another toy or activity if she becomes upset
- Expect your child to cling to you in new situations
- Try not to let meal times become a battle

### Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
- Hepatitis A #2	- Hepatitis A #1

- For more info:  
<https://www.cdc.gov/vaccines/index.html>

**Next Well Child Visit:** 2 years old

### Helpful Resources:

- [www.healthychildren.org](http://www.healthychildren.org)
- Poison Help: 1-800-222-1222
- Birth to Five Helpline:  
1-877-705-KIDS (5437)