



## Developmental Notes - Eighteen Months

### Milestones:

At eighteen months of age most children walk fast, may run stiffly, walk up stairs with one hand held, walk backwards, sit in a small chair, climb into an adult chair, kick and throw a ball. Children at this age can stack three or four blocks and may place rings on a cone. They turn single pages in a book or magazine. They look selectively at pictures and name some objects. They have a vocabulary of at least four to ten words. They may combine two-word phrases, understand some simple directions and may mimic words.

### Safety:

#### Poison Control Center at 1-800-222-1222

- Remember to childproof your home and have the Poison Control Center phone number posted in your home.
- Tap water should not exceed 120 degrees Fahrenheit.
- Potential poisons should be locked up in cabinets.
- Medicines should not be left on tables or dresser tops.
- Turn pot handles toward the back of the stove.
- Keep toddlers away from hot stoves, space heaters, wall heaters, irons and fireplaces.
- Never underestimate the child's ability to climb.
- Plastic bags and balloons can cause suffocation.
- Close supervision of this age group is a must.

### Diet:

Do not coax or fight with your child to eat. Do not make meal time a battle ground. Children require three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, a slice of cheese or a cup of calcium fortified juice.

**Please remember to avoid the choking foods: peanuts, popcorn, whole hot dogs, M&M's, hard candies, carrot and celery sticks and whole grapes.**

If you have not discontinued the use of the bottle, now is a good time.

### Vitamins:

If your child consumes less than six ounces of fluoridated drinking water each day, please ask our physicians regarding supplementary vitamins.

All children require vitamin D to prevent rickets and vitamin D deficiency. Toddlers and children who do not get regular sunlight exposure and who do not ingest at least 33 ounces of vitamin D-fortified milk, should take a supplement containing at least 400IU (international units) of vitamin D.