

APL Bright Futures Handout

18 Month Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

LANGUAGE PROMOTION/HEARING

Talking and Hearing

- Read and sing to your child often.
- Talk about and describe pictures in books.
- Use simple words with your child.
- Tell your child the words for her feelings.
- Ask your child simple questions, confirm her answers, and explain simply.
- Use simple, clear words to tell your child what you want her to do.

FAMILY SUPPORT

Your Child and Family

- Create time for your family to be together.
- Keep outings with a toddler brief—1 hour or less.
- Do not expect a toddler to share.
- Give older children a safe place for toys they do not want to share.
- Teach your child not to hit, bite, or hurt other people or pets.
- Your child may go from trying to be independent to clinging; this is normal.
- Consider enrolling in a parent-toddler playgroup.
- Prepare for your new baby by reading books about being a big brother or sister.
- Spend time with each child.
- Make sure you are also taking care of yourself.
- Tell your child when he is doing a good job.

FEEDING ROUTINES

Feeding Your Toddler

- Provide three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, or a slice of cheese.

- Offer at least 6 ounces of drinking water that contains fluoride each day. If you live in an area that has well water, ask our physicians about supplemental fluoride vitamins.
- Remember to avoid foods that can cause choking- nuts, hot dogs, popcorn, whole grapes, meat chunks, hard candies, and hard, raw vegetables or hard fruits.
- Discontinue use of the bottle and encourage the use of a cup, spoon and fork at meal time.
- Toddlers at this age may start to show signs of finicky eating. Do not coax or fight with your child to eat as meal time should not be a battle ground.
- Give your toddler many chances to try a new food. Allow mouthing and touching to learn about them.
- Your job as the parent is to provide a healthy variety of foods. It's up to your child to let you know how much of it he wants to eat.

SAFETY

Safety

- Use a car safety seat in the back seat of all vehicles.
- Read the instructions about your car safety seat to check on the weight and height requirements.
- Everyone should always wear a seat belt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher.
- Move furniture away from windows.

- Watch your child closely when she is on the stairs.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Prevent burns by keeping hot liquids, matches, lighters, and the stove away from your child.
- Have a working smoke detector on every floor.
- Set your hot water heater temperature at or lower than 120°F.
- Keep plastic bags and latex balloons away as they can cause suffocation.
- Apply sunscreen with SPF 15 or higher on your child's skin at least 15-30 minutes prior to outdoor activities. Reapply every 2 hours.
- If your child will be playing outdoors between dusk and dawn, be sure to spray insect repellent that contains up to 30% DEET on exposed skin as well as on clothing. The higher the percentage of DEET, the longer it will last (up to 6 hours for 30% DEET).

TOILET-TRAINING READINESS

Toilet Training

- Signs of being ready for toilet training include
 - Dry for 2 hours
 - Knows if he is wet or dry
 - Can pull pants down and up
 - Wants to learn
 - Can tell you if he is going to have a bowel movement

Poison Help: 1-800-222-1222

Child safety seat inspection: 1-866-SEATCHECK; seatcheck.org



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Toilet Training (cont.)

- Read books about toilet training with your child.
- Have the parent of the same sex as your child or an older brother or sister take your child to the bathroom.
- Praise sitting on the potty or toilet even with clothes on.
- Take your child to choose underwear when he feels ready to do so.

CHILD DEVELOPMENT & BEHAVIOR

Your Child's Behavior

- Set limits that are important to you and ask others to use them with your toddler.
- Be consistent with your toddler.
- Praise your child for behaving well.
- Play with your child each day by doing things she likes.
- Keep time-outs brief. Use 1 minute per year of age. Tell your child in simple words what she did wrong.
- Tell your child what to do in a nice way.
- Change your child's focus to another toy or activity if she becomes upset.
- Expect your child to cling to you in new situations

Your Changing and Developing Toddler

- At this age most children walk fast and may run stiffly.
- Your toddler may walk up the stairs while holding the handrail or with one hand held.
- Your child may walk backwards, sit in a small chair or climb onto an adult chair.
- Toddlers at this age can kick and throw a ball, stack 3 to 4 blocks and may place rings on a cone.
- When reading to your child, he should be able to turn single pages in a book or magazine, look selectively at pictures and name some objects.
- Vocabulary should include at least 6 words and communication attempts may consist of "jargon" (mature babbling that indicates meaning).
- Your child should attempt to mimic words and understand some simple directions.

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