

18 MONTH OLD

Safety:

- Always use a car seat. The Academy of Pediatrics recommends a rear facing car seat until at least 2 years of age, or until the child reaches highest weight or height allowed by car seat manufacturer. Do not put child in front of an air bag. Air bag/car seat questions: Safety Restraint Coalition www.800buckleup.org
- Your toddler needs to learn to be afraid of streets, want to hold your hand when crossing.
- Always observe your child around any body of water (pool, bathtub). Pools should be gated.
- Keep house "child proofed."
- Keep toxic chemicals, antibiotics, cosmetics, cleaners in the house and garage locked away.
- Any guns in the house should be in a secured lock box.

Development:

- Your toddler is now walking, running, throwing, manipulating fork/spoon, talking, scribbling.
- Social skills are developing rapidly. Your child should make eye contact, mimic simple tasks (vacuum, picking up), point to objects he/she wants you to see.
- Expressive language advances much slower than receptive language. Your toddler likely has 5-20 words but understands many more.
- Stranger anxiety may be quite prominent. Exams at the doctor's office may be difficult. It will begin to ease soon.

Sleep:

- Ideally your child continues to sleep through the night. A night light or cracked door may calm fears.
- Nightmares and night terrors occur frequently at this age.

Diet:

- Limit your child to no more than 10-24 ounces of whole milk per day. Some children may benefit from the decreased fat content of 2% milk.
- Offer a wide variety of fruits, vegetables and meats. Be creative with food choices/presentation. Do not force foods. Extremely picky eaters may benefit from a multi-vitamin (ask your pharmacist for options). Vitamin D3 supplementation (400 IU/day) is recommended for all children.
- Avoid hard foods such as popcorn, raisins, hard candy, gum until 4 years of age (nuts even longer). Cut up round solids like grapes, cheese, whole beans, meats, cooked carrots, hot dogs into small pieces.

Tips:

- Tantrums may be increasing. Praise good behavior. Try to limit the use of "no" to aggressive or dangerous behavior. Pay attention to what your child is trying to communicate. Briefly ignoring tantrum behavior may help prevent tantrums from becoming "useful" and flourishing.
- Continue to brush twice daily (once before bed). The American Academy of Pediatrics recommends a smear (size of grain of rice) of fluoridated toothpaste for all children starting at tooth eruption.
- If your child is not drinking fluoridated water, ask your doctor about fluoride drops. Visit a dentist around years of age, sooner if not brushing well or strong family history of tooth decay.
- Read, play games, do puzzles, draw, explore motor skills.

Medications:

-Acetaminophen (Tylenol, paracetamol, APAP)

Suspension (160mg per 5mL)

12 to 18 pounds: 2.5mL = ½ teaspoon (80mg) each 4-6 hours

18 to 24 pounds: 3.75mL = ¾ teaspoon (120mg) each 4-6 hrs

24 to 30 pounds: 5mL = 1 teaspoon (160mg) each 4-6 hours

-Ibuprofen (Advil, Motrin)

Drops (50mg per 1.25mL):

11 to 17 pounds: 1 dropper = 1.25mL (50mg) each 6-8 hours

17 to 22 pounds: 1 ½ droppers = 1.875mL (75mg) each 6-8 hours

Suspension (100mg per teaspoon): 11 to 17 pounds: 2.5mL = ½ teaspoon (50mg) each 6-8 hours

17 to 22 pounds: 3.8mL = ¾ teaspoon (75mg) each 6-8 hours

22 to 30 pounds: 5mL = 1 teaspoon (100mg) each 6-8 hours

-We generally do not recommend over the counter cough and cold medicines in children less than 2 years old because of lack of benefit and possibility of side effects.

-Your next visit is the Two Year Well Child Check. Please allow 2 months advance notice when scheduling.

Visit our website for further health information and links to other medical sites: www.ballardpeds.com

Ballard Pediatrics: 206 783 9300