

AGE: 18 MONTHS

Date _____

GROWTH:

Weight:	lbs	oz	(%)
Height:	inches		(%)
Head Circumference:	inches		(%)

IMMUNIZATIONS:

Hep B Hepatitis B

FEEDING:

Babies at this age should eat 3 meals per day. They should drink only from a cup not a bottle to avoid baby bottle tooth decay or bottle rot. They should drink a maximum of 2-3 cups of whole milk per day and no more than 3-4 ounces of juice per day. Drinking water is especially important in Arizona. Avoid candy, soda pop, and sugary drinks. Avoid foods your baby might choke on such as hard candy, popcorn, nuts, grapes and hotdogs.

Try to offer your baby a well balanced diet as possible including fruits, vegetables, breads, whole grains, milk and milk products, and proteins. Some toddlers refuse to eat meat so try other sources of protein such as eggs, peanut butter, and beans. "Pickiness" is extremely common throughout the toddler years. Continue to try new foods, and encourage your toddler to eat a wide range of foods.

DEVELOPMENT:

Most all babies by now are running, climbing, throwing balls, kicking balls, and walking up one or two stairs. Most 18 month old babies can say 10 to 20 words and help dress themselves. They can turn pages of a book, feed themselves (messily), and drink from a cup. They can scribble, blow a kiss, and sing a song.

PLAY AND LEARN:

This is a time for blooming independence, self expression and the start of "temper tantrums." Remember to pick and choose your battles. If your toddler wants to wear the Barney shirt, let them. If they want to play in the toilet water, obviously, don't let them. If your toddler has a melt down with kicking, flailing on the ground and head banging, as long as they are in no danger, ignore them. Never give in to your toddlers tantrum, in order to end it quickly. This will create a "monster." Remember to use time out for undesirable behavior such as kicking people, biting, and spiting. Use 1 minute for each year of age.

Play continues to develop and you will notice that your toddler has increased attention span for books, music, and play with building blocks. Some toddlers are interested in coloring at this age.

SAFETY:

1. **Climbing**-If your toddler can climb on it, bolt it to the wall.
2. **Car Seats**-Continue to use your car seat in the back seat.
3. **Water Safety**-Keep your pool surrounded by a gate, closed and locked. Always stay with your toddler while in the bath tub. Keep bathroom doors closed when not in use. Never leave mop buckets or small play pools filled with water.
4. **Poisons**-Keep all medications and cleaners out of reach.
5. **Guns**-Lock all guns and keep them out of reach.
6. **Burns**-Keep matches, lighters, and cigarettes out of reach. Use smoke alarms.
7. **Stairs and Windows**-Use a gate bolted to the wall for your stairs. Make sure windows are secure and that your toddler cannot push them open and fall out.
8. **Cords and Outlets**-Keep all outlets covered, and hide cords behind furniture when possible.
9. **Dog Bites**-Watch your toddler around animals, especially dogs. 90% of bites are caused by the family dog.

WHAT'S NEXT?

Your baby's next appointment is at 2 years old for a well check and immunizations.