

YOUR 18 MONTH OLD

Name: _____

Weight: _____ **Height:** _____

Feeding:

Make family mealtimes pleasant. Present food in a form your child can handle and in appropriate quantities. Make foods soft and moist and serve at room temperature. Limit juice and milk to increase food intake. Your child will probably drink 16-24 ounces of milk a day.

Development:

Your child will begin turning pages of a book and looking at the pictures. She is walking and may begin running stiffly. She should be saying 4 or more words, including "no", and understanding more complicated commands. She is feeding herself and drinking from a cup. She is now able to climb up onto a chair or couch. Children this age become aware of all body parts and may touch their genitals.

Toilet teaching:

Teaching is best accomplished when your child herself is ready. This is usually between the ages of 18 months and 3 years. Signs of readiness include dry naps and the use of word signals ("wee-wee", etc.) which indicate your child is aware of the urge to urinate or defecate. Give lots of positive reinforcement, avoid scolding, and be patient. The process can take months. Many children are still wetting the bed at night until the age of 6 or 7 years. Plan on postponing toilet teaching if there are other major changes in your child's life such as moving to a new home or having a new sibling, or if you try teaching and fail.

Temper Tantrums / Discipline:

Avoid reacting with anger. Acknowledge your child's feelings ("You're feeling angry because you cannot have that toy"). Keep your child in a safe place and try to ignore the behavior. Avoid doing things that may bring on a tantrum. If your child's tantrums occur when she is tired, hungry, and in public places, avoid trips to the store when she is due for a nap and bring a snack along.

Time-outs:

An effective means of discipline at this age is time-outs. Please refer to the time-out handout for details.

Immunizations:

A DTaP and Hepatitis A booster will be given today.

Tylenol dose: _____ mg= _____ droppers of Infant Tylenol
or _____ tsp. of Children's Tylenol **OR**

Motrin dose: _____mg= _____tsp. of Children's Motrin