

PAVILION POINTS TO REMEMBER: 18 MONTHS

Feeding

- Let your child decide how much to eat. This will fluctuate from day-to-day, week-to-week. Try not to stress about it.
- Likes and dislike continue to emerge. Your child may start to get pickier with foods.
- Allow chances to try new food but do not force.
- Vitamin supplements are rarely necessary. Limit milk to 16-24oz a day. Encourage Iron-fortified foods.
- Toddlers grow at a much slower rate than babies

Development

- Motor**
Runs, climbs up and down furniture. Throws a ball. Walks up and down stairs holding on. Can help undress, scribbles.
- Cognitive development**
Knows the name of favorite toy, imitates everyday actions, simple pretend play, match pairs of objects, points at familiar objects in a book.
- Language/Communication**
Can speak 10-20+ words, understands one-step commands, can point to some body parts. Makes eye contact. Shows affection. Plays alongside of others

Sleep

- Have consistent bedtime routine.
- Transition to toddler bed when child starts climbing out of crib
- Nightmares occur at this age. Respect your child's fears. Provide reassurance they are safe.

Safety

- Have your child's car safety seat rear-facing until your baby is 2 years old or until she/he reaches the highest weight or height limits per manufacturer's instructions.
- Use gates as needed. Watch them on the stairs.
- Lock away medications, cleaning supplies, other harmful chemicals.
- Call **Poison control** if you are worried your child ingested something (1800-222-1222).

- Prevent burns by keeping hot liquids, lighters, stoves, etc. away. Remember they are climbers.
- Lock kitchen drawers that contain knives and other sharp objects and be mindful of knives placed on counters while cooking.
- Use of insect repellent and sunscreen. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher. Remember to reapply every 1-2 hours if getting wet.

Behavior

- Verbal vocabulary starts to take off
 - Read and sing to your child often
 - Talk about and describe pictures in a book
 - Use simple and clear words
- Do not expect a toddler to share. This is something they have to learn and will not be happy about it.
- Temper tantrums happen. You can help by...
 - Stay consistent in setting routine and house rules
 - Encouraging them to use words
 - Distraction when needed (focus on something they can have or do)
 - When all else fails – ignore if being safe
- You may start to see hitting, biting, throwing, etc. This is normal. Your child is not a "bad" child. Stay calm. State the inappropriate behavior ex. "No hit" and give a moment pause aka one minute time-out.
- Tell your child when they are doing a good job and behaving well.
- Your child is working on gaining independence but will typically still cling to parents especially in new situations.

What to expect at Today's Visit

- Woohoo no shots! Just checking in on everything – growth, development, health, etc.
- Next well visit is 2 year old. At this visit your child will get a Hepatitis A vaccine and blood drawn for lead and anemia testing.

