

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

Eighteen Month Exam

Length _____

Weight _____

Head Circumference _____

Feeding: Picky eating is still common. Don't make mealtimes a battle. Your child should now be eating table food by herself, using a spoon as well as finger feeding. The cup should be used exclusively- no more bottles as this will promote dental disease. Try to balance the diet from the major food groups. Discourage snacking and excessive juice intake. Brush teeth daily. Fluoride may still be needed.

Development: Your child should now understand well, pointing to several body parts, and typically is saying 3-10 words. He may be running and can often climb stairs. Kicking and throwing a ball may come soon. He likes pull toys, can scoot on a riding toy, can mark with a crayon on paper, takes off shoes, uses a spoon and a cup, enjoys books, and can stack several blocks.

Immunizations: Dtap #4, IPV #3. **Recommendations may change as AAP and CDC recommendations change over time.** Acetaminophen (Tylenol) may be used for pain or fever.

Safety: Children of this age are very inquisitive and have no fear. **Never leave child unattended in a car or near a body of water.** Always hold hands near streets or in parking lots. Never underestimate the ability to climb and don't be complacent near stairs. Keep all hazardous substances and medication out of reach. Toddlers will try to imitate adults and older children. Cook with back burners, directs pot handles towards the rear. Be careful with hot irons and curling irons- children love to pull on cords. Make sure toys are safe, checking for small parts. Balloons should be avoided as they can break into small pieces and become a choking hazard. Make sure that car seat is adequate for your growing toddler.

Common issues: Stimulate language by talking with and reading to your child. Temper tantrums are common. The best approach here is to ignore this behavior, making sure that your child is on a safe surface. Over time he will learn that this behavior does not help him get his way. Try to redirect negative behavior and limit the amount of time you have to say "no". Don't try to convince your child to agree with you. If your child resists a necessary task, such as changing a diaper or putting on clothes, give a brief statement of fact and finish the task without discussion. Continue with a bedtime routine and insist on him falling asleep on his own. Resist bringing your child into your bed Remember to set time aside for yourself, your spouse and your friends. Hire a baby sitter!!

Next exam is at age two