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# 18 Month Well Child information

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## ENCOURAGING DEVELOPMENT

- Read to your child every day. Encourage your child to point to objects when they are named.
- Allow your child to help with household tasks – put away clothes, get dressed, etc.
- If your child watches television or plays electronics, you should do it with him or her and make it interactive. Children at this age need active play and social interaction.
- Note that children are generally not developmentally ready for toilet training until at least 24 months.
- Use imaginative play with dolls, blocks, trucks.
- Allow your child to feed himself with a cup and spoon.

## ORAL HEALTH

- Brush your child's teeth after meals and before bedtime.
- Provide all beverages in a cup, NOT a bottle. This helps prevent tooth decay.
- Wean away from the pacifier if your child still uses one.

## NUTRITION

- Provide 3 meals and 2-3 snacks.
- Do not force your child to finish everything on the plate.
- Continue to introduce new foods, tastes and textures.
- Your child should continue to drink whole milk until age 2 (about 16 to 32 oz per day).
- Limit juice to 4 to 6 oz per day.

## SLEEP

- At this age, most children sleep 12 or more hours per day.
- Keep nap and bedtime routines consistent.
- Your child should sleep in his or her own space.

## SAFETY

- Set your water heater at 120 degrees F.
- Equip your home with smoke and carbon monoxide detectors.
- Keep all medicines, poisons, chemicals, and cleaning products out of reach.
- Keep small objects and toys with loops, strings or cords away from your baby.
- When traveling in a vehicle, your baby should always be restrained in a rear-facing car seat. Use a rear-facing car seat until at least 2 year of age, or your child reaches the upper weight limit for the seat. For a free car seat check from a certified technician, call KRHC Community Health at 515-295-4430.
- Keep plastic bags and balloons away from children.

## IMMUNIZATIONS

- Diphtheria
- Tetanus
- Pertussis
- Hib (Haemophilus)
- Prevnar (pneumonia)
- Hepatitis A
- Influenza (in season)

## NEXT WELL CHILD VISIT: 24 MONTHS