

The Carithers Pediatric Group

18 month visit

2121 Park Street • 904-387-6200

10475 Centurion Parkway N. Suite 301 • 904-997-0023

Name: _____ Date: _____ Weight: _____ Height: _____ Temp: _____

Diet

Family meals are important for your child and usually result in healthier eating for the entire family.

Your child should now drink about 18 oz of whole milk daily. Pickiness can sometimes emerge at this age. Please offer your child a well-balanced meal. Avoid filling your child with snacks or extra milk if they are showing pickiness for your table foods. It is not uncommon for a toddler to sometimes skip a meal if he/she is not hungry. If this happens, do not worry, your child will eat when he/she is hungry.

Please continue to avoid foods such as peanuts, hot dogs, popcorn, grapes, raw carrot sticks, or pieces of raw apples, as these may cause choking.

Remember to continue drinking water that is fortified with fluoride, either city water or nursery water.

Teeth

Please brush teeth 2x/day with a pea-sized amount of non-fluoridated tooth paste. The bottle and pacifier should be completely eliminated by this point.

Developmental Suggestions

Over the next 6 months your child might be able to hop or jump and develop better coordination to walk up stairs but should still be observed on stairwells. By age 2, children are often speaking in 2-word phrases so read to your child frequently to help grow his/her vocabulary. Toddlers enjoy scribbling. Challenge your child's hand coordination by stacking high towers with blocks and using utensils to eat.

Safety

Assure that your home is child proofed. Locked doors or secure gates should be used at stairwells or entrances to potentially hazardous areas such as the kitchen and garage. Install window guards in upstairs windows. Do not leave a chair placed so that the child may climb to a dangerously high place. Never leave a child unsupervised in or near a swimming pool, filled bathtub, toilet, lake or bucket of water. Knowing how to "swim" does not make a child water safe at this age. Install a pool fence and alarm. Remember to use sunscreen.

Poison Control Center: 800-222-1222.

Discipline

Limit setting is important for a toddler. If your child is getting into something off-limits, say a firm "no" and redirect your child. If the child persists, remove the offending object, move your child to another room, or briefly give your child a "time-out" in a playpen, a chair, or a corner of the room. Children need a great deal of positive reinforcement when they are behaving appropriately. Avoid praising your child when they are not behaving. This sends them the wrong message. Be consistent with discipline.

Immunizations

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness or redness at the vaccination site within 48 hours of the vaccination. You can use a warm compress for a few minutes several times a day for redness or swelling. You may give acetaminophen every 4-6 hours as needed for 24-48 hours for fever (rectal temperature greater than or equal to 100.5) or fussiness. The MMR and Varivax vaccines have fever and rash 1-2 weeks after the vaccination as a potential side effect.

DTaP	HIB	Polio	Pneumococcal	Hepatitis B	Influenza/Flu
MMR (measles)			Varivax (chicken pox)		Hepatitis A

****Next Visit** Please schedule your next well visit for age 2 years.

www.carithersgroup.com
Follow us on Facebook and Twitter