

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: _____

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 re-direct 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 Infant Tylenol® every 4 hours as needed for 24 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 at age 2 years.

DIPHTHERIA TETANUS & PERTUSSIS VACCINES

WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.

1 Why get vaccinated?

Diphtheria, tetanus, and pertussis are serious diseases caused by bacteria. Diphtheria and pertussis are spread from person to person. Tetanus enters the body through cuts or wounds.

DIPHTHERIA causes a thick covering in the back of the throat.

- It can lead to breathing problems, paralysis, heart failure, and even death.

TETANUS (Lockjaw) causes painful tightening of the muscles, usually all over the body.

- It can lead to “locking” of the jaw so the victim cannot open his mouth or swallow. Tetanus leads to death in up to 2 out of 10 cases.

PERTUSSIS (Whooping Cough) causes coughing spells so bad that it is hard for infants to eat, drink, or breathe. These spells can last for weeks.

- It can lead to pneumonia, seizures (jerking and staring spells), brain damage, and death.

Diphtheria, tetanus, and pertussis vaccine (DTaP) can help prevent these diseases. Most children who are vaccinated with DTaP will be protected throughout childhood. Many more children would get these diseases if we stopped vaccinating.

DTaP is a safer version of an older vaccine called DTP. DTP is no longer used in the United States.

2 Who should get DTaP vaccine and when?

Children should get 5 doses of DTaP vaccine, one dose at each of the following ages:

- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 15-18 months
- ✓ 4-6 years

DTaP may be given at the same time as other vaccines.

3

Some children should not get DTaP vaccine or should wait

- Children with minor illnesses, such as a cold, may be vaccinated. But children who are moderately or severely ill should usually wait until they recover before getting DTaP vaccine.
- Any child who had a life-threatening allergic reaction after a dose of DTaP should not get another dose.
- Any child who suffered a brain or nervous system disease within 7 days after a dose of DTaP should not get another dose.
- Talk with your doctor if your child:
 - had a seizure or collapsed after a dose of DTaP,
 - cried non-stop for 3 hours or more after a dose of DTaP,
 - had a fever over 105°F after a dose of DTaP.

Ask your health care provider for more information. Some of these children should not get another dose of pertussis vaccine, but may get a vaccine without pertussis, called **DT**.

4

Older children and adults

DTaP is not licensed for adolescents, adults, or children 7 years of age and older.

But older people still need protection. A vaccine called **Tdap** is similar to DTaP. A single dose of Tdap is recommended for people 11 through 64 years of age. Another vaccine, called **Td**, protects against tetanus and diphtheria, but not pertussis. It is recommended every 10 years. There are separate Vaccine Information Statements for these vaccines.

5 What are the risks from DTaP vaccine?

Getting diphtheria, tetanus, or pertussis disease is much riskier than getting DTaP vaccine.

However, a vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions. The risk of DTaP vaccine causing serious harm, or death, is extremely small.

Mild Problems (Common)

- Fever (up to about 1 child in 4)
- Redness or swelling where the shot was given (up to about 1 child in 4)
- Soreness or tenderness where the shot was given (up to about 1 child in 4)

These problems occur more often after the 4th and 5th doses of the DTaP series than after earlier doses. Sometimes the 4th or 5th dose of DTaP vaccine is followed by swelling of the entire arm or leg in which the shot was given, lasting 1-7 days (up to about 1 child in 30).

Other mild problems include:

- Fussiness (up to about 1 child in 3)
- Tiredness or poor appetite (up to about 1 child in 10)
- Vomiting (up to about 1 child in 50)

These problems generally occur 1-3 days after the shot.

Moderate Problems (Uncommon)

- Seizure (jerking or staring) (about 1 child out of 14,000)
- Non-stop crying, for 3 hours or more (up to about 1 child out of 1,000)
- High fever, over 105°F (about 1 child out of 16,000)

Severe Problems (Very Rare)

- Serious allergic reaction (less than 1 out of a million doses)
- Several other severe problems have been reported after DTaP vaccine. These include:
 - Long-term seizures, coma, or lowered consciousness
 - Permanent brain damage.

These are so rare it is hard to tell if they are caused by the vaccine.

Controlling fever is especially important for children who have had seizures, for any reason. It is also important if another family member has had seizures. You can reduce fever and pain by giving your child an *aspirin-free* pain reliever when the shot is given, and for the next 24 hours, following the package instructions.

6 What if there is a moderate or severe reaction?

What should I look for?

Any unusual conditions, such as a serious allergic reaction, high fever or unusual behavior. Serious allergic reactions are extremely rare with any vaccine. If one were to occur, it would most likely be within a few minutes to a few hours after the shot. Signs can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness. If a high fever or seizure were to occur, it would usually be within a week after the shot.

What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** your doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form.

Or you can file this report through the VAERS web site at www.vaers.hhs.gov, or by calling **1-800-822-7967**.

VAERS does not provide medical advice

7 The National Vaccine Injury Compensation Program

In the rare event that you or your child has a serious reaction to a vaccine, a federal program has been created to help pay for the care of those who have been harmed.

For details about the National Vaccine Injury Compensation Program, call **1-800-338-2382** or visit the program's website at www.hrsa.gov/vaccinecompensation.

8 How can I learn more?

- Ask your health care provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department's immunization program.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)**
 - Visit the National Immunization Program's website at www.cdc.gov/vaccines



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Disease Control and Prevention