

WELL-CHILD EXAM – 18 MONTHS

DATE: _____

HEIGHT: _____ WEIGHT: _____

DEVELOPMENT:

1. Walking and running – into everything!
2. 10 to 20 word vocabulary.
3. Beginning to assert independence:
 - Parents should discuss and agree on the approach to be used for discipline and what behavior, objects and areas are to be forbidden.
 - It is extremely important for both parents to be as consistent as possible in enforcing the limits you set. In general, positive direction is more effective than corrective measures. Demonstrate the kind of behavior that is expected. (The behavior must be age-appropriate and expectations must be realistic.)
 - Don't punish for normal exploratory behavior.
 - When rules have been violated, think, then act or talk.

ACCIDENT PREVENTION:

1. *Always* use a car seat.
2. Keep children away from hot areas in kitchen, hot liquids, irons, fireplaces, and space and wall heaters.
3. Remember that children may use chairs to climb to dangerously high places or unlocked cabinets.
4. Do not allow children to walk with pencils, pens, popsicles or sucker sticks.
5. Plastic bags or balloons can cause suffocation.
6. Poison Control phone number: 1-800-222-1222.

NUTRITION:

Chew vitamin plus iron for picky eaters.

DENTAL:

Brush your child's teeth (or at least have him/her brush) twice daily with a small amount of toothpaste.

ILLNESS:

Acetaminophen Drops – 1.6 mL (two droppers filled to the 0.8 mL mark), 24-35 pounds.

NEXT VISIT:

At two years of age.