



EIGHTEEN MONTHS OLD

WELL CHILD CHECK

FEEDING YOUR CHILD

- PROVIDE WHOLE OR 2% COW'S MILK
 - NO MORE THAN 16-24 OZ OF MILK PER DAY
- DRINKS FROM A CUP, NO MORE BOTTLES
- THREE HEALTHY MEALS AND 2-3 HEALTHY SNACKS PER DAY
- EATING SHOULD BE FUN! ALLOW YOUR CHILD TO DECIDE WHEN SHE IS FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

YOUR DEVELOPING CHILD

- MORE ACTIVE AND STARTS RUNNING!
- STARTS TO USE 2 WORD SENTENCES AND MANY MORE WORDS

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS (BHCs) ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- TEMPER TANTRUMS ARE NORMAL. DO NOT DISCIPLINE WITH SPANKING.
 - PRAISE GOOD BEHAVIOR.
 - SET LIMITS.
 - USE DISTRACTIONS.
- TOILET TRAINING INTEREST BEGINS. YOUR CHILD IS READY TO LEARN WHEN HE:
 - TELLS YOU HE IS DRY OR WET AND CAN TELL YOU WHEN HE HAS TO GO
 - PULLS PANTS DOWN
 - IS DRY FOR 2 HOURS
 - WANTS TO LEARN!

KEEP YOUR CHILD SAFE

- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- CUSHION SHARP EDGES OF FURNITURE AND SECURE RUGS
- NEVER LEAVE YOUR CHILD IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- KEEP YOUR CHILD AWAY FROM POT HANDLES, SPACE HEATERS, AND FIREPLACES.
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- KEEP MEDICATIONS AND CLEANING SUPPLIES IN LOCKED CABINETS
- CALL POISON CONTROL CENTER (1-800-222-1222) IF BABY EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY WITH PEA SIZE AMOUNT OF FLUORIDE TOOTHPASTE.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

ACTIVITIES

- READ WITH YOUR CHILD EVERY DAY!
- TALK WITH YOUR CHILD USING SIMPLE AND CLEAR PHRASES.
- PLAY INTERACTIVE GAMES.
- NO TV, IPADS, OR PHONE SCREENS TO DISTRACT YOUR BABY

NEXT VISIT: AGE 2 YEARS

FOR MORE INFORMATION, PLEASE VISIT

WWW.HEALTHYCHILDREN.ORG