

# 18 MONTH VISIT

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## Nutrition

- Give whole cow's milk: 16-24oz a day
- Avoid juice and drinks/snacks with added sugars
- Toddlers should only be drinking out of cups now with minimal spilling
- Avoid choking hazards
- Establish healthy eating habits and limit foods high in saturated fat/carbohydrate
- Offer fruits and vegetables and encourage physical activity
- Make sure your toddler sits at the table when eating and have scheduled meal times
- Trust your toddler to self regulate
- Try not to use food as a reward

## Sleep

- Most toddlers sleep around 10-12 hours at night, and take 1 nap (1-3 hours total)
- Establish regular routines for nap and bedtime
- Read to your child every night

## Dental Health

- Brush your child's teeth twice a day with a soft toothbrush and a smear of regular toothpaste
- Don't use a bottle and make sure you brush teeth before bedtime – do not feed overnight
- Don't use pacifiers anymore
- A toddler should see a dentist every 6 month

## Safety

- Your child should use a rear facing car seat in the backseat until 2 years AND 20 pounds to prevent head and neck injury
- Put choking hazards out of reach and watch out for climbing – bolt bookcases, dressers and TVs to the wall
- Lock chemicals, medications and firearms in a high cabinet – separate ammunition from unloaded firearms

- Watch toddlers near cars and in the street and always use a helmet when on a scooter or bike
- Establish rules for street and parking lot safety
- Poison Control # (1-800-222-1222)
- Always have an adult watching when near water or swimming pools – keep them within arm's reach
- Use sunscreen (SPF > 30) & insect repellent (10-25% DEET/picaridin) and sun protective clothing/hats

## Promoting Development

- Your child will engage with other children in play, run and walk up steps with assistance
- Read, sing and draw together – they like to scribble and throw balls
- Set rules and allow them to help dress themselves, clean up and practice chores/imitate housework
- Your toddler will identify objects, imitate animal noises, point and ask with words for help
- They may say 8-10 words and use two word phrases
- Most toddlers don't start potty training until 2-3 years
- Avoid screen time until 2 years old
- Avoid stern discipline and use positive reinforcement/distraction/time outs – encourage words that describe emotions and feelings

## Vaccines

- HepA

**\*Next Visit: 24 months old for well child check, bloodwork, and vaccines**



Chesapeake  
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