



WHAT HAPPENS AT THE 18 MONTH VISIT?



MY NOTES AND QUESTIONS

Exam

- Record length, weight, and head circumference
- Check heart, lungs, abdomen, skin sensitivities, organs, lymph nodes, hands, feet, movement of legs and hips, muscle tone, and strength
- Assess general development, including ability to walk, sleeping and eating habits, language acquisition, and emotional development

Milestones

- Walks quickly or runs stiffly
- Says 15-20 words
- Stacks 2-3 blocks
- Uses a cup and spoon
- Follows simple directions
- Shows affection

Immunizations

- None are recommended at this time

Screenings

- Ages and Stages
- MCHAT autism screening



GREEN TREE PEDIATRICS

MY 18 MONTH VISIT

(child's name)

Has an Appointment on

(date)



FOCUS ON TEMPER TANTRUMS

- You'll notice a greater push for control and independence, which is a significant milestone in your child's development. Your child is on his/her way to becoming an individual!
- Your child is also beginning to learn impulse control, which affects his/her ability to regulate behavior
- Temper tantrums are usually the result of conflicting or difficult emotions that overwhelm a child's ability to judge what is appropriate
- Your child is not trying to be bad, he or she simply does not have the skills needed to regulate behavior yet
- Respond to your child with gentle firmness. Effective tools of discipline include setting limits, suggesting alternative behavior, modeling appropriate behavior, and praising toddler's efforts at acceptable behavior
- It is important to be consistent with instruction and discipline



STIMULATING HEALTHY DEVELOPMENT



- Recognize that your child has a limited attention span at this age and learns best by doing
- Model the kind of behavior you want to encourage in your child
- Create opportunities for your toddler to feel "in control" by giving them choices among options that are all acceptable
- Take a walk with your child and point out objects that you encounter. Talk about the shape, size, and color of the objects
- Provide your child with objects and toys that lend themselves to imaginative play- lots of ordinary kitchen items make great toys at this age
- Provide your child opportunities to play and interact with other toddlers
- Create routines that promote adequate sleep and a good variety of fruits, veggies, grains, and dairy products



SAFETY CHECK

- Review "Safety Check" advice from previous pamphlets
- Continue child-proofing home. Assess kitchen, bathrooms, and garage in particular
- Continue water safety practices and supervision at all times
- Continue to use an appropriate car seat
- Supervise children near open windows and lock doors when inside
- Create environments in which your child can safely explore while reducing the need to constantly say "no"

