

# PHOENIX PEDIATRICS LTD

602-242-5121

## Well Child Check (WCC) – Eighteen (18) Month Visit

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

### Nutrition

Family meals are important for your baby. Let him eat with you and feed himself. This helps him learn. Don't make mealtime a battle. Your child should use a spoon and drink from a cup now.

### Development and Discipline

Children at this age should be learning many new words. You can help your child's vocabulary grow by showing and naming lots of things. Children have many different feelings and behaviors such as pleasure, anger, joy, curiosity, warmth, and assertiveness. It is important at this age to praise your child for doing things that you like.

There is probably no age at which a child is more insistent on having things just exactly the way he wants them than at this age. Although he may now use two and three words sentences, he can't always tell you what he wants. This will result in screaming while you helplessly offer him a multitude of things in trying to find out what he wants.

Toddlers often seem out of control, or overly stubborn or demanding. At this age, children often say "no" or refuse to do what you want them to do. Here are some good methods for helping children learn about rules and to keep them safe.

- Child-proof the home. Go through every room in your home and remove anything that is valuable, dangerous or messy. Preventive child proofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say "no".
- Divert and substitute. If a child is playing with something you don't want him to have, replace it with another object or toy he enjoys. This approach avoids a fight and does not place children in a situation where they'll say "no".
- Teach and lead. Have as few rules as necessary and enforce them. These rules should be rules important for the child's safety. If a rule is broken after a short, clear and gentle explanation immediately find a place for your child to sit alone for one (1) minute. It is very important that a "time-out" comes immediately after a rule is broken.

- Make consequences as logical as possible. For example, if you don't stay in your car seat, the car doesn't go. If you throw your food, you don't get any more and may be hungry.
- Be consistent with discipline. Don't make threats that you cannot carry out. If you say you are going to do it, do it.

At eighteen (18) months, most toddlers are not yet showing signs that they are ready for toilet training. When toddlers report to parents that they have wet or soiled their diaper, they are beginning to be aware that they prefer dryness. This is a good sign and you should praise your child. Toddlers are naturally curious about the use of the bathroom by other people. Let them watch you or other family members use the toilet. It is important not to put too many demands on a child or shame the child during toilet training.

Continue to read to your child every day.

### Safety Tips

Continue to child proof your home. Pay special attention to household cleaners and medicines.

### Immunizations

At the 18 month visit, your baby may receive shots. Your baby may run a fever and be irritable for about a day after the shots. Your baby may also have some soreness, redness and swelling in the area where the shots were given. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call us for an appointment. Offer \_\_\_\_\_ mg acetaminophen (Tylenol) every 4 to 6 hours as needed for pain and fever.

### Call Us If:

- Your child has a rash or any reaction other than fever and mild irritability
- Your child has a fever that lasts more than 36 hours

### Next Visit

Your child's next visit should be at the age of two (2) years. Please remember to bring your child's shot record to all visits.