



Well Child Visit  
18 Months

General Pediatrics Department  
U.S. Naval Hospital, Okinawa

Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Length: \_\_\_\_\_

### Feedings

1. Offer 3 meals/day consisting of foods from all food groups with nutritious snacks in between. Snacks should consist of no-sugar and unsalted foods such as fresh fruits.
2. Continue whole milk 16-24 oz/day. Your toddler should be drinking from a cup.
3. Your child should be taking liquids from a cup and feeding him/herself with a spoon and fork.
4. To prevent choking, avoid foods that are choking hazards: nuts, grapes, raisins, popcorn, hard candy, hot dogs.
5. Toddlers are picky eaters. Offer a variety of nutritious foods, but don't force them or try to please them with empty calories like cookies and chips. Develop a "take it or leave it" attitude. They will not starve.

### Dental

1. Be sure to brush your child's teeth twice a day with a soft toothbrush. A thin smear of toothpaste over the brush can be used.
2. Continue fluoride supplements through 16 years old. It can be given in the form of liquid drops taken once a day.
3. To prevent cavities, avoid frequent snacking or sugary drinks.
4. Discontinue pacifier use.

### Safety

1. **Falls and injuries:** Use gates at stairs and at entrances to dangerous places. Use guards on windows. Keep chairs away from places that would allow your child to climb to dangerous heights.. A fenced yard is necessary for play outside. Keep sharp objects (knives, scissors, and tools) in a secure place. Remember, keep blinds and curtain cords out of reach..
2. **Car Accidents:** Always secure your child in a car seat in the back seat. Set a good example and always wear your own seat belt.
3. **Burns:** Teach your child the meaning of "hot." Turn handles of pots/skillets away from the edge of the stove. Don't leave appliance cords dangling. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Use guard in front of wall heaters, stoves or fireplaces.
4. **Sun:** Keep your child in the shade as much as possible. Keep covered with hats and use sunscreen. Use sunscreen (SPF 15 or greater) sparingly, avoiding hands.
5. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.
6. **Drowning:** Never leave your child alone near water: bathtub, toilet, buckets, and pools. If you have a pool, make sure there's a fence around it. Keep the toilet lid down. Learn CPR.
7. **Poisoning and choking:** Avoid toys with sharp edges or removable small parts. Avoid small hard foods like peanuts, popcorn, carrot sticks, whole grapes, and hotdogs. Keep blow-up balloons, coins, plastic bags, small objects, household cleaners, and medicines locked and out of reach. Remember that your child will place everything into his/her mouth. Keep window blinds and curtain cords out of reach; these can strangle babies.
8. **Guns:** If you must have them, keep them unloaded and locked out of site. Keep ammunition in a separate location.

### Parent Tips

1. Discipline
  - Set reasonable limits. Use verbal "No's" or try distraction. Be consistent and specific. Give choices when able.
  - Avoid slapping hands or spanking. Your child will find these actions hard to understand at this age and this will be a negative example of how to deal with problems. Use time-pouts for 1-2 minutes. Choose a time out location that is dull, but safe and non-frightening. Take a time-out for yourself if you feel you are starting to lose control.
  - Toddlers may respond to frustration and anger with breath-holding, outbursts, and temper tantrums. Some children may hold their breath until they turn blue or pass out (Oat which time they begin to breath again). Breath-holding spells are not life threatening. It is best to practice ignoring these behaviors. Remove the child from a public arena if possible. After the event, return to normal interactions and do not reward the behavior.
  - Do remember that toddlers have short memories and may repeat behavior several times before they learn.
  - Praise and reward good behavior.
2. Toilet training

- Some signs that your child is ready: showing interest in the toilet, being able to stay dry during naps, being able to push pants down, expressing awareness of when diaper is wet or soiled. Maintain a relaxed unpressured attitude. Praise success. Don't punish for accidents. Remember that toilet training is a slow process and some children do not develop complete bladder and bowel control until 3-5 years old.
  - Start letting your child sit in a potty chair fully clothed. Begin by bowel training first. Remind the child often during the day to go to the bathroom, after naps and upon awakening.
3. Have a consistent bedtime routine with a "wind down" time before bed. Be firm when it comes time for bed. If your child wanders into your bed during the night, return him/her calmly, but firmly to his/her own bed.
  4. Select toys that have large parts that your child can take apart and build with.
  5. Limit TV viewing in both time and content. Do not use TV as a substitute for your attention.
  6. Have your child do small chores like picking up toys.
  7. Read to your child daily. Have him/her point out and name objects in the pictures.
  8. Remember to take time for yourself.

Over the next few weeks, you can expect your child to:

- Play with others for short periods at a time
- Use approximately 10 words
- Point to several body parts and name objects in a favorite book
- Throw a ball
- Walk without falling, walk downstairs with hand held

#### **Immunizations:**

1. Your child will receive DTaP today.
2. If your child receives immunizations, you may give Tylenol drops for fever or fussiness up to every 4 hours as needed. You may also apply warm towels to the injection site to soothe pain and redness.

#### **Call your provider if your child**

- Does not look well, is extremely sleepy or inconsolable.
- Has a fever over 102°F without any explanation or associated cold symptoms.
- Vomits persistently or excessively.
- Falls, hits his/her head and passes out, vomits or behaves unusually.
- If you have any questions.

#### **Important phone numbers**

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

#### **Next Visit**

Bring your child in at 2 years of age for an exam. Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.