



# Schoolhouse Pediatrics

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Weight: \_\_\_\_\_ Length: \_\_\_\_\_ in. Head Circ.: \_\_\_\_\_

## EIGHTEEN MONTHS

### NUTRITION

- Discourage snacks. Food likes and dislikes are changing at this stage. The child's food requirement is not large. Continue flouride supplement.

### SAFETY

- Continue safety checking your home. Your toddler is not only inquisitive, but agile and resourceful. Keep medicines locked up.
- Call our office or Poison Control in case of accidental poisoning.
- Ensure window and door safety.
- Car seats remain rear facing until age 2.
- Never leave a toddler alone at home, in a car, near a pool or in the bathtub.
- Supervise play in the driveway.
- Remember sunscreen for outside play.
- Secure firearms and ammunition in two separate locations.

**POISON CONTROL phone number is 1-800-222-1222**

### TOILET TRAINING

- At this time, get a floor potty for the infant and tell your child it is his/hers and what it is for.
- Don't coerce him/her to sit on it, but continue to suggest.

### SUGGESTIONS

- Thumb sucking and/or use of a favorite toy, are age-appropriate, self-comforting behaviors.
- Don't expect toddlers to share. Promote play both quiet and active.
- Assign simple chores.
- Read picture books to enhance listening skills and promote verbal expressions.

### DISCIPLINE

- Set limits through verbal prohibition and/or time-out.

### IMMUNIZATION

- Hepatitis A vaccine may be given today.

### MCHAT

- (Modified Checklist for Autism in Toddlers) Questionnaire was given, a developmental screening tool to assess a child's risk for Autism Spectrum Disorder.



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