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## 18 Month Visit

For \_\_\_\_\_ DOB \_\_\_\_\_

Wt \_\_\_\_\_ # \_\_\_\_\_ oz      Length \_\_\_\_\_ in      HC \_\_\_\_\_ in

### Immunizations Today: Hep A

Your toddler may run a fever, be irritable, and/or be a little more sleepy for a day or two after getting shots. Your toddler may also have some soreness, redness and swelling where the shots were given. Use Tylenol or Motrin for symptoms. Severe reactions include generalized rash, seizures, nonstop crying for more than three hours and a fever of more than 104°F. Call us (or 911 if an emergency) if a severe reaction occurs or if you are concerned for your child.

Tylenol dose: \_\_\_\_\_ every 4-6 hours. Drops/Susp.

Motrin dose: \_\_\_\_\_ every 6-8 hours. Drops/Susp.

### Development

**SPEECH:** Children at this age should be learning many new words. You can help your child's vocabulary grow by showing and naming objects. It is important at this age to praise your child for doing things that you like. Make an effort to catch your child doing something good.

**TOILET TRAINING:** At 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 during toilet training.

### Discipline

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:

1. **Childproof your home.** In each room remove anything that is valuable, dangerous or messy. This prevention can stop possible discipline problems.
2. **Divert and Substitute.** If your child is playing with an item he/she is not supposed to, replace it with another object that he/she enjoys. This avoids a fight and a situation where the child can say "no".
3. **Timeout.** Have as few rules as necessary, but enforce them. These rules should be important to the child's safety. If a rule is broken, after a short and clear explanation, have your child sit for 1 minute. It is very important that the timeout comes immediately after the disobedience.
4. **Be consistent.** You are modeling character to your child. When you commit to something, stick to it.

### Nutrition

Your toddler is growing up fast. Let them behave more and more like the adults around them.

1. Family meals are important for your toddler. Let your toddler feed him/herself. Your child should use a utensil and drink from a sippy cup now.
2. Brush your child's teeth 1-2 times each day. Let them try it at first. Do not use fluorinated toothpaste until they are 3 years old.
3. Avoid constipation by giving your toddler 2-3 servings of fruit and vegetables per day. You can also give up to 6 ounces of apple or prune juice, diluted in water, each day.
4. Throw the pacifier away. Prolonged use may lead to dental problems.

### Safety

We at Skyline Pediatrics want to help you make sure that your child is as safe as possible. Please ensure that your home is a safe environment.

1. Keep hot appliances and cords out of reach. Also, keep hot foods, hot liquids, matches and lighters out of reach.
2. Continue to cut food into small pieces. Remember, no nuts until 3 years of age.
3. Always watch your child around any water. Fence your pool and keep the gate locked. Know infant and child CPR. Never leave an infant or toddler in a bathtub alone – NEVER!

### Resources

Please visit our website for added helpful information: [www.skylinepeds.com](http://www.skylinepeds.com)

**Next Visit: 2 Years**

**ENJOY YOUR TODDLER!**