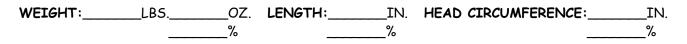
# PEDIATRIC HEALTH CARE

## EIGHTEEN MONTH EXAM



### NUTRITION:

Some toddlers are picky eaters. If they eat a 3-4 balanced meals over the course of a week, they will get the nutrients their body needs. Offer a variety of foods to choose from, not just the ones you know they like. If you have well water at home, continue their fluoride supplement until at least 16 years of age.

### DEVELOPMENT:

Your child is probably using 4-10 words, feeding himself. Your child may have started throwing a ball, kicking a ball, stacking 3-4 blocks. The largest increase in language is between 18 months and 2 years of age. Continue to read simple stories. Develop a nightly routine (reading, brushing teeth) before bed. Some children show interest in toilet training between 18 and 24 months, but most children are not ready until 2-3 years old. You may want to set a potty chair out to get your child use to the idea. Gently praise your child for any interest in toilet training.

## SAFETY:

- 1. Watch children playing near street and driveway. They don't reason.
- 2. <u>NEVER</u> leave child unattended in house or car.
- 3. Continue to use a car seat at all times, rear-facing until age 2 years.
- 4. Double check that all sharp objects, cleaners, medicines, detergents are locked up out of reach. Keep POISON CONTROL Number near phone: 1-313-745-5711 or 1-800-POISON-1

#### IMMUNIZATION:

Hepatitis A #2

## NEXT VISIT:

See you at 2 years of age.

Check with your city or local library for parent-tot activities. Finger painting is fun.