

## ***Age: 18 months old***

### **FEEDING**

Toddlers at this age should be eating 3 meals per day plus a couple of healthy snacks. Try to include vegetables, grains, fruits, and dairy products. Avoid foods that your child may choke on including nuts, popcorn, whole grapes, hot dogs, hard candy, and gum. Let your child sit at the table with the family at mealtime and feed himself.

### **DEVELOPMENT**

Toddlers are very curious and want to be the boss. They can be stubborn and demanding. This is normal behavior. Trying to reason with or punish your child during temper tantrums will only make them last longer. It is best to put the child in a safe place and “ignore” the episode until it stops. Make consequences for bad behavior as logical as possible. Read to your child daily. Choose books with bright colors and pictures. Discourage “pointing and grunting” for things. When your child points to something, make sure you use the word before giving him what he wants. Encourage your child to name objects. Be sure to praise your child for doing things that you like. “Time-out” is a good discipline method to enforce at this time.

### **TOILET TRAINING**

Most toddlers are not ready to toilet train completely at this age, but it never hurts to start introducing your child to the potty. When your child can tell you he’s wet or dirty, that’s an encouraging sign. Let him/her watch the toileting routine to get him interested in the concept. Do not be overly demanding during toilet training and remember to give positive praise for a job well done.

### **SLEEP**

Develop a bedtime routine which is the same every night. Be calm and consistent. If your child awakens during the night, check on safety and comfort and do not interact with him/her. Lower the crib as far as it will go. If your child is climbing out of the crib, it is time to move to a toddler bed or a mattress on the floor.

### **SAFETY**

To promote safety for your child:

1. Hold your child's hand at all times around traffic.
2. Keep all medicines, vitamins, cleaning fluids and chemicals locked away or out of reach.
3. Keep the poison control center number by the phone (1-800-222-1222).
4. Never leave your baby unattended in the bathtub or around standing water of any kind.
5. Always use an approved car seat.
6. Don't smoke around the children.
7. Install safety latches on all cabinets and put covers over electrical outlets.
8. Check your smoke detectors and fire extinguishers routinely.
9. Turn handles of pans away from stove edge. Don't leave hot liquids or curling irons on countertops.
10. Remove or pad furniture with sharp corners. Use gates on all stairways.

### **IMMUNIZATIONS**

Your child may receive another round of immunizations today. They may include: Hib, PCV7, DTaP, Polio, or Hepatitis A. Flu vaccine is recommended for all children 6-23 months. Ask your doctor about the flu vaccine.

## FEVER

There is no "emergency room" fever. No specific temperature should carry you directly to the ER. Fever is our body's way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

## TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
18-23 pounds	infant drops	1 ½ dropper (1.2ml)	4-6 hours
	children's liquid	¾ tsp.	4-6 hours
24-35 pounds	infant drops	2 droppers	4-6 hours
	children's liquid	1 tsp.	4-6 hours
36-47 pounds	children's liquid	1 ½ tsp.	4-6 hours
	chew tablets (160mg)	1 ½ tabs	4-6 hours

## ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
18-23 pounds	infant drops	1 ½ dropper (~2ml)	6-8 hours
	children's liquid	¾ tsp.	6-8 hours
24-35 pounds	infant drops	2 droppers	6-8 hours
	children's liquid	1 tsp.	6-8 hours
36-47 pounds	children's liquid	1 ½ tsp.	6-8 hours
	chew tablets (100mg)	1 ½ tabs	6-8 hours

## WHEN TO CALL

You should call the doctor if your toddler develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

## NEXT VISIT

Your child's next appointment should be at 2 years of age.

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