



Pediatric Clinic
PATIENT EDUCATION HANDOUTS

Fort Carson Eighteen Month Well Baby Visit

Development

Between 18 and 24 months your child will:

Physical

- *walks well
- *picks up small objects (such as a raisin)
- *feeds self with spoon
- *holds and drinks from a cup with little spilling
- *scribbles with pen, pencil, or crayon
- *moves body in time to music
- *takes off socks and shoes

Mental

- *says words besides Mama or Dada
- *puts two words together by 24 months
- *can follow simple directions, such as “come to mommy”
- *may imitate household activities
- *can introduce the concept of “time out” for discipline by 18 months

Social

- *knows parents from strangers
- *plays alongside other child, does not yet play with others until after 2 yrs. old
- *doesn't understand “sharing”
- *curious and interested in exploring
- *makes simple choices
- *carries and hugs dolls and soft toys
- *mimics others

Activities for You and Your Baby

- *play house and hide-and-seek
- *use “time” words: “after nap”, “time for lunch”
- *have conversations - expand on child's one word phrase

Today's Date _____ Age _____

Weight _____ # _____ oz

Height _____ ” _____

Head circumference _____ cm

- *play “telephone”
- *introduce counting words: “1,2,3” etc.
- *rhythm toys and instruments
- *simple puzzles and nestle toys
- *read books with child
- *play with peg and hammer
- *supervise water play
- *kickball or rocking horse
- *give hugs and kisses often and encourage return hugs and kisses
- *blowing soap bubbles
- *stringing large objects such as empty spools
- *help her/him brush teeth after meals

Nutrition

- *offer protein foods such as meats and peanut butter at least once every day
- *offer dairy products 2-3 times, fruits and vegetables 2 times a day
- *child usually wants to eat 5-6 times per day
- *good snacks - soft fruit, peanut butter or cheese on cracker, yogurt
- *avoid snacks high in sugar or salt
- *nutritional needs slow and appetite decreases as growth slows
- *child is easily distracted during meals-keep child's meal time short and relaxed

Safety

- *always use a car seat
- *keep poisons, sharps, and hot items out of reach
- *do not smoke in home or car or around child
- *practice safety skills for kitchen, bathroom, and water
- *display **Poison Control number: 1-800-222-1222**
- *children should remain seated while eating to prevent choking on food in their mouths

Immunizations Today

Dtap #4, Hep A #2, PCV7 #4

Screening Tests

- *Your baby will have the following screening tests done today
- *Hematocrit and Hemoglobin (to test for anemia) if not tested between 12-18 months of age.
- *Lead Screen (Only if child has risk factors for exposure)

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The next well baby visit is at 2 years.

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You may schedule a preschool physical to be done at your primary care clinic by calling Appointment Line: 526-2273/524-2273

Please bring your child’s shot records to every well baby appointment or physical.

Notes

Appointment Line:
526-2273/524-2273
Pediatric Clinic front desk 526-7653.
Family Practice Clinic 524-4068
Poison Control * 1-800-222-1222