

18 month old check-up



Patient and Family Education

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

TIPS FOR TAKING CARE OF YOUR CHILD

PARENTING

- Your child wants and needs your love and your praise. Hug him, and tell him that you love him often. Tell him when he does something that pleases you. Thank him when he does something nice.
- Your child may begin refusing to do what you want him to do. He may act stubborn and defiant at times. He is learning to be independent.
- Discipline means teaching, not punishing. Your child is learning to behave. When he does something that he should not do, try one of these:
 - Pick him up, and remove him from what he is doing.
 - Distract him with something else. This works well at this age.
 - Take the item away from him that you do not want him to have.
 - If he continues, place him in his crib or playpen for 1 minute, and walk away. Be sure he does not have his usual toys to play with. After 1 minute, take him out, and try again. Be sure to only leave him for 1 minute at a time.
 - Be calm, but be firm and say "no".
- Ignore temper tantrums when you can. This is usually the best way to get them to stop.
- Be sure to check out the background of caregivers you do not know.

DEVELOPMENT

- Your child is learning to:
 - Walk up steps holding your hand. Learn how to go down steps sitting on his bottom.
 - Say more words each week. As you talk with him, point to an object, and say the word for him to learn.
 - Begin telling you that his diaper is wet or messed. He may want to watch you and other family members use the toilet. He is not ready for toilet training yet, but this is the first step.
- Your child may like:
 - Exploring places and things and being "on the go" all the time. Give him a safe place to play.
 - Playing outside on nice days.
- Spend time playing with your child.
 - Begin teaching him how to share and take turns. He may not be able to do this yet, but he can begin learning.
 - Buy toys that help him to use his imagination, think and learn.
 - Make sure that your child's play area is safe. Do not allow him to play near or in the street.
 - Watch him carefully when he uses riding toys or climbs in the playground.
- Read to your child every day. Point to things, and tell him their names. This helps him to learn new words. Avoid "baby talk".

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

18 month old check-up, continued

SAFETY

- Crib and changing table
 - Make sure your crib slats are no more than 2 $\frac{3}{8}$ inches apart.
 - Make sure the crib rails do not move up and down. If you have an older crib, check with its maker to see if they have special parts to keep the side from moving.
 - Keep the mattress in the lowest position.
 - Never leave him alone on a high place, such as a bed, couch, chair or changing table. Keep one hand on him at all times while changing him.
 - Remove drapes and blind cords from your child's reach. This helps prevent choking and suffocation.
 - Move the crib away from windows and screens.
- Home
 - If you live in an older home, have it tested for lead.
 - Install smoke and carbon monoxide detectors. Change the batteries twice a year.
 - Have a fire escape plan for your family, and practice it often.
 - Continue to "child-proof" your home. To help keep your child safe:
 - Teach your child how to go up and down the stairs safely. When you feel he is safe, remove the stair gates
 - Lock windows and screens. On upper floors, install safety bars that can keep your child from falling out the window but can be removed in case of a fire.
 - Put plug covers on electric outlets. Keep hot objects like irons, coffee pots and space heaters away from your child.
 - Keep all electric cords up and out of the way where your child cannot reach them. This includes items like your cell phone charger.
 - Put childproof locks on drawers and cabinets that contain harmful items, such as cleaning supplies, medicines and matches.
 - Put a lock on the toilet seat.
 - Furniture, shelves, TVs and ranges can tip over and hurt your child. Secure them to the floor or the wall, or use anti-tip brackets as needed.
 - Keep small toys and objects that he could choke on out of reach.
 - Keep plastic bags, ropes and strings, hot items and sharp objects out of reach.
 - Use back burners of the stove for cooking, and place pot handles towards the rear. Put knob covers on the stove and an oven lock on the oven door.
 - Do not let your child play near the stove or next to you when you are cooking.
 - Keep him away from the fireplace and other hot items.
 - Pad sharp corners of furniture or the fireplace.
 - Lock up guns and bullets.
 - Store knives, scissors, razors and other sharp items in a safe place.
- Car
 - Make sure your child rides in a car safety seat every time you go driving, no matter how short the trip.
 - Place the car seat in the back seat, facing towards the rear window. Your child should ride like this as long as possible. Do not turn him forward-facing until he is at least 2 years old. Make sure the car seat is installed correctly. The seat should be at a 45 degree angle.
 - Do not add anything, such as blankets or harness strap covers, to your child or the seat unless it is approved by the car seat maker.

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18 month old check-up, continued

- Wear your seatbelt, too.
- Smoking
 - Keep your child away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections and other breathing problems.
- CPR
 - Take a child CPR course. Call the Red Cross, American Heart Association or a local hospital for more information.
- Outdoors
 - Use a sunscreen that is safe for babies and toddlers.
 - Put shoes on your child when outdoors, even in the grass.
 - Make sure he wears a bike helmet if he rides on a bike carrier with you.
 - Make sure he cannot get near pools or spas by himself. If you have one in your yard, install a proper safety fence around it.

A FEW NEVER, EVER's –

To help keep your child safe - **NEVER:**

- Leave him alone except in a crib or playpen. Stay nearby so you can hear him, or use a baby monitor.
- Shake your child.
- Leave your child alone in a car.
- Hold him in your lap while riding in the car.
- Leave your child alone in a sink or bathtub – not even to answer the door or phone or get a towel.
- Allow your child to wear necklaces, straps or backpacks on the playground or during sleep. These items can cause choking.

BATHING

- Always test your child's bath water to make sure it is warm but not too hot. Set your water heater at 120°F or lower. Ask your landlord to do this if you live in an apartment.
- Brush his teeth with a small, soft toothbrush and a smear of non-fluoride toothpaste each night before bedtime. Let him start to use a toothbrush with plain water to brush his teeth.

FEEDING

- Feed your child table food, and feed him at the table with the rest of the family.
- Turn off the TV and cell phones during meal time. Make meal time family time, and keep meal time pleasant.
- Share news of the day, and talk together. Focus on family news and not on what or how much your child is eating.
- Stick to scheduled meal times and 1 to 2 snacks.
- Your child's doctor may also advise that you give him a multivitamin each day.

Meals

- Your child needs food from all food groups:
 - Lean meat, eggs, beans and cheese for protein
 - Fruits and vegetables for fiber, vitamins and minerals

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

18 month old check-up, continued

- Whole grains, such as cereal, pasta and whole grain bread for fiber, vitamins and minerals. At least half of the grains he eats should be whole grains.
- Dairy foods, such as milk, cheese and yogurt for calcium. His dairy should be whole milk, full fat.
- Allow your child to choose how much to eat, and do not scold or nag him about what he is eating or not eating.
- Do not give him foods that he can choke on like:
 - Chunks of meat and cheese, such as hot dogs and string cheese
 - Raw fruits and vegetables, such as grapes, apple pieces and carrots
 - Popcorn, nuts, peanut butter, gum and hard, gooey candy
- Give him only 1 new food at a time, and wait a few days before giving him another new food. This allows you to tell if he is allergic to a food or if it bothers him in any way.
 - Some common foods that babies may be allergic to include things like peanut butter, eggs and seafood.
- Your child can help to feed himself now. He will be messy, but allow him to do this. Give him food choices when you can so that he gets to pick his favorites sometimes.
- Your child may eat less now. He knows how much he needs to keep him from being hungry.

Snacks

- Serve healthy snacks, such as yogurt, cheese and soft fruits. Avoid foods and drinks with lots of sugar, such as desserts, candy, sweetened cereals, sweet tea and soda.

Drinks

- Give your child water in a cup. Give water instead of sodas, fruit drinks, sports drinks and sweet tea.
- Also give your child whole milk, full fat until he is 2 years old.

SLEEP

- Have a regular bedtime and routine for your child. This is one more way that you can help him feel more secure.
- Read to him each night before he goes to sleep.
- Your child may take a nap each day.

HEALTHY HABITS

You can help keep your child and your family healthy when you:

- Wash your hands often during the day. Teach your child and other family members to wash their hands often, too. Use warm water and soap and scrub for 20 seconds.
- Make sure he gets needed vaccines to help prevent disease.
- Take your child to the dentist for regular check-ups.

Your child learns through play. Avoid screen time until he is 2 years old. Some examples of screen time are:

- TV
- Computers
- Videogames
- Tablet devices
- Smart phones

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

18 month old check-up, continued

Avoid giving fruit juice to your child. It often has extra sugar he does not need. Try giving him small pieces of whole fruit instead. If you do give him juice, only give your child 4 to 6 ounces a day. Dilute it so it is 1/2 water and 1/2 juice. Let him sip from a cup. Give him sips of water from a cup, too.

Whether inside or outside, give your child the chance to be active every day. Active play is good for all children.

IF YOUR CHILD EVER SEEMS ILL

If your child feels too warm or seems ill, check his temperature with a thermometer.

- Call the doctor if he has a temperature **over 102.2°F or 39°C**, seems ill or you have any concerns.
- For toddlers less than 2 years old – take the temperature in the rectum (opening in the bottom where the bowel movement or stool comes out). Other methods are not as accurate in babies.
- Talk with your child's doctor about when to give fever medicines.

FOR YOUR CHILD'S NEXT VISIT - 2 years old

- You and your child's doctor can talk about how things are going with your child.
- Your child will have a physical examination (check-up) that may include getting vaccines. You will have a chance to ask questions.
- You may want to talk about your child's:
 - Feeding and sleeping
 - Safety
 - Development
 - Temper tantrums and discipline

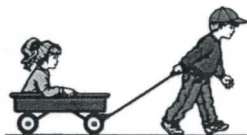
THINGS FOR YOU TO DO

- Continue to child-proof your house. Make sure your child is safe by removing unsafe items that are within his reach.
- Keep a record of when your child is ill or hurt. Share this record with your child's doctors.
- Make a list of questions to talk with your doctor about at the next visit.
- Bring your child's shot (vaccine) record to your next visit.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

American Academy of Pediatrics Media Use Guidelines for Young Children

Age	Description	Media Use Guidelines
Younger than 2	Children younger than 2 learn and grow when they explore the physical world around them. Their minds learn best when they interact and play with parents, siblings, caregivers, and other children and adults.	<p>For children younger than 2,</p> <ul style="list-style-type: none"> Media use should be very limited and only when an adult is standing by to co-view, talk, and teach. For example, video-chatting with family along with parents.
	Children younger than 2 have a hard time understanding what they see on screen media and how it relates to the world around them.	<p>For children 18 to 24 months, if you want to introduce digital media,</p> <ul style="list-style-type: none"> Choose high-quality programming.
	However, children 15 to 18 months of age can learn from high-quality educational media, IF their parents play or view with them and reteach the lessons.	<ul style="list-style-type: none"> Use media together with your child. Avoid solo media use.
2 to 5 years of age	At 2 years of age, many children can understand and learn words from live video-chatting. Young children can listen to or join a conversation with their parents.	<p>For children 2 to 5 years of age,</p> <ul style="list-style-type: none"> Limit screen use to no more than 1 hour per day.
	Children 3 to 5 years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.	<ul style="list-style-type: none"> Find other activities for your children to do that are healthy for their bodies and minds. Choose media that is interactive, non-violent, educational, and prosocial. Co-view or co-play with your children.



Pediatric Associates, PC
Pediatric Associates of Johns Creek, PC

Checkup Schedule

Birth (In hospital).....	Hepatitis B
2-3 Days after Discharge.....	Newborn Exam
2 Week.....	Exam Only
1 Month.....	Exam, Hepatitis B
2 Month.....	Exam, DTaP, Hib, Polio, PCV, Rotavirus
4 Month.....	Exam, DTaP, Hib, Polio, PCV, Rotavirus
6 Month.....	Exam, DTaP, Hib, PCV, Rotavirus, CBC (Complete Blood Count)
9 Month.....	Exam, Hepatitis B, ASQ
12 Month.....	Exam, MMR, Varicella, Hepatitis A, CBC
15 Month.....	Exam, HIB, PCV
18 Month.....	Exam, DTaP, Polio, Hepatitis A, CBC, M-CHAT, ASQ
24 Month.....	Exam, CBC, M-CHAT
30 Month.....	Exam, ASQ
3 Year.....	Exam, CBC, Urinalysis
4 Year.....	Exam, CBC, Urinalysis, Hearing & Vision, DTaP, Polio, MMR, Varicella
5 Year.....	Exam, CBC, Urinalysis, Hearing & Vision, DTaP, Polio, MMR, Varicella (Vaccines given if not completed at 4 year visit.)
6-10 Years....	Exam, CBC, Urinalysis, Hearing & Vision as indicated
11 Year.....	Exam, CBC, Urinalysis, MCV4, Tdap, HPV*
12-15 Years..	Exam, CBC, Urinalysis, Hearing & Vision as indicated, HPV *
16 Year.....	Exam, CBC, Urinalysis, MCV4, Td, Men B, HPV *
17-25 Years...	Exam, CBC, Urinalysis, Hearing & Vision as indicated, Men B

- The Ages & Stages Questionnaire (ASQ) screens and assesses the developmental performance of children in the areas of communication, gross motor skills, fine motor skills, problem solving, and personal-social skills. It is used to identify children that would benefit from in-depth evaluation for developmental delays.
- The M-CHAT is a scientifically validated tool for screening children between 16 and 30 months of age that assesses risk for autism spectrum disorder (ASD).
- A Visual Evoked Potential (VEP) screening is conducted annually on our patients beginning at age six months through 8 years. The purpose of this test is the early detection of any abnormalities in your child's vision. We will provide you with further details regarding this non-invasive procedure when you arrive for your physical exam. You may also visit www.Diopsys.com to learn more.
- Tdap-(Tetanus, Diphtheria, & Pertussis Vaccine): This vaccine is recommended for children 10 years of age and older. Due to an increase in diagnosed Pertussis (Whooping Cough) cases, this booster is now required for school attendance.
- MCV4-(Meningococcal Vaccine): This vaccine is recommended for children 11 years of age and older. A booster dose is recommended before entering college.
- Men B (Meningococcal B)-This vaccine is recommended for patients 16 years of age and older. This vaccine is given in a 2-part series and is recommended before entering college.
- We offer the *HPV (Human Papillomavirus vaccine) to both our female and male patients. This vaccine is given in a 2 or 3-part series depending on what age the series is started.

Click here to visit The Centers For Disease Control and Prevention website at www.CDC.gov to download important vaccine information which may answer any questions you have concerning a particular vaccine.

After the Shots...

Your child may need extra love and care after getting vaccinated. Some vaccinations that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have after their children have been vaccinated. If this sheet doesn't answer your questions, call your healthcare provider.

Vaccinations may hurt a little... but disease can hurt a lot!

Call your healthcare provider right away if you answer "yes" to any of the following questions:

- ☐ Does your child have a temperature that your healthcare provider has told you to be concerned about?
- ☐ Is your child pale or limp?
- ☐ Has your child been crying for more than 3 hours and just won't quit?
- ☐ Is your child's body shaking, twitching, or jerking?
- ☐ Is your child very noticeably less active or responsive?

What to do if your child has discomfort

I think my child has a fever. What should I do?

Check your child's temperature to find out if there is a fever. An easy way to do this is by taking a temperature in the armpit using an electronic thermometer (or by using the method of temperature-taking your healthcare provider recommends). If your child has a temperature that your healthcare provider has told you to be concerned about or if you have questions, call your healthcare provider.

Here are some things you can do to help reduce fever:

- Give your child plenty to drink.
- Dress your child lightly. Do not cover or wrap your child tightly.
- Give your child a fever- or pain-reducing medicine such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil, Motrin). The dose you give your child should be based on your child's weight and your healthcare provider's instructions. *Do not give aspirin.* Recheck your child's temperature after 1 hour. Call your healthcare provider if you have questions.

My child has been fussy since getting vaccinated. What should I do?

After vaccination, children may be fussy because of pain or fever. To reduce discomfort, you may want to give your child a medicine such as acetaminophen or ibuprofen. *Do not give aspirin.* If your child is fussy for more than 24 hours, call your healthcare provider.

My child's leg or arm is swollen, hot, and red. What should I do?

- Apply a clean, cool, wet washcloth over the sore area for comfort.
- For pain, give a medicine such as acetaminophen or ibuprofen, according to your healthcare provider's instructions (see box below). *Do not give aspirin.*
- If the redness or tenderness increases after 24 hours, call your healthcare provider.

My child seems really sick. Should I call my healthcare provider?

If you are worried **at all** about how your child looks or feels, call your healthcare provider!

HEALTHCARE PROVIDER: PLEASE FILL IN THE INFORMATION BELOW.

If your child's temperature is _____ °F or _____ °C or higher, or if you have questions, call your healthcare provider.

Healthcare provider phone number 770-476-4020

Medication (if needed) _____
NAME OF MEDICATION / TYPE OF FORMULATION

Give _____ every _____ hours as needed.
DOSE OR AMOUNT

immunization
action coalition



immunize.org

Saint Paul, Minnesota • 651-647-9009 • www.immunize.org • www.vaccineinformation.org

www.immunize.org/catg.d/p4014.pdf • Item #P4014 (7/14)

Dosing On Call

Dosing for infants and children from your healthcare professional

DOSE: Every 4 hours as needed. DO NOT GIVE MORE THAN 5 DOSES IN 24 HOURS.

If possible, use weight to dose; otherwise, use age.
Do NOT use with any other product containing acetaminophen.



Infants' TYLENOL® Oral Suspension
Active ingredient: acetaminophen 160 mg (in each 5 mL)

Available in:			
	Grape		Cherry
	Dye-Free		Cherry
	Dye-Free		Cherry
WEIGHT	6-11 lbs	12-17 lbs	18-23 lbs
AGE	0-3 months	4-11 months	12-23 months
DOSE	1.25 mL	2.5 mL	3.75 mL

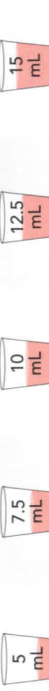


Use product only as directed.



Children's TYLENOL® Oral Suspension
Active ingredient: acetaminophen 160 mg (in each 5 mL)

Available in:			
	Grape		Bubble Gum
	Dye-Free		Cherry
	Dye-Free		Cherry
WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs
AGE	2-3 years	4-5 years	6-8 years
DOSE	5 mL	7.5 mL	10 mL



Use product only as directed.



Children's TYLENOL® Chewables
Active ingredient: acetaminophen 160 mg (in each chewable tablet)

Available in:			
	Grape		Bubble Gum
	Dye-Free		Cherry
	Dye-Free		Cherry
WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs
AGE	2-3 years	4-5 years	6-8 years
DOSE	1 tablet	1½ tablets	2 tablets



NEW!



Children's TYLENOL® Dissolve Packs
Active ingredient: acetaminophen 160 mg (in each pack)

Available in:			
	Wild Berry		Bubble Gum
	Dye-Free		Cherry
	Dye-Free		Cherry
WEIGHT	under 48 lbs	48-59 lbs	60-71 lbs
AGE	under 6 years	6-8 years	9-10 years
DOSE	do not use	2 powders	3 powders



All Infants' TYLENOL® and Children's TYLENOL® products have the same strength of acetaminophen: 160 mg (in each 5 mL, tablet, or pack).

mL = milliliter

†Among over-the-counter analgesic/fever reducers in the US.

DOSE: Every 6-8 hours as needed. DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.
If possible, use weight to dose; otherwise, use age.



Infants' MOTRIN® Concentrated Drops
Active ingredient: ibuprofen (NSAID)* 50 mg (in each 1.25 mL)

*Nonsteroidal anti-inflammatory drug.

Available in:			
	Berry		Dye-Free
	Berry		Dye-Free
WEIGHT	12-17 lbs	18-23 lbs	
AGE	6-11 months	12-23 months	
DOSE	1.25 mL	1.875 mL	



Use product only as directed.



Children's MOTRIN® Oral Suspension
Active ingredient: ibuprofen (NSAID)* 100 mg (in each 5 mL)

*Nonsteroidal anti-inflammatory drug.

Available in:			
	Berry		Bubble Gum
	Berry		Dye-Free
	Berry		Dye-Free
WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs
AGE	2-3 years	4-5 years	6-8 years
DOSE	5 mL	7.5 mL	10 mL



Use product only as directed.

NOW AVAILABLE!



Children's MOTRIN® Chewables
Active ingredient: ibuprofen (NSAID)* 100 mg (in each chewable tablet)

*Nonsteroidal anti-inflammatory drug.

Available in:			
	Berry		Bubble Gum
	Berry		Dye-Free
	Berry		Dye-Free
WEIGHT	24-35 lbs	36-47 lbs	48-59 lbs
AGE	2-3 years	4-5 years	6-8 years
DOSE	1 tablet	1½ tablets	2 tablets



IMPORTANT INSTRUCTIONS FOR PROPER USE

Today's date: _____

This dosing recommendation from your healthcare professional will expire in **14 DAYS**.

- Always read and follow the label on all TYLENOL® and MOTRIN® products.
- Use only the dosing device (dosing syringe or dosing cup) that came with the product. Do not use any other dosing device.

Rely on TYLENOL® and MOTRIN®, the two brands of pain and fever relievers that pediatricians recommend most.†

Always On Call