



Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806
www.townandcountrypeds.com

Your Eighteen Month Old Toddler

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

Diet:

- Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with fingers, soft fork, and spoon. Let her get messy!
- Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hot-dogs that your toddler may choke on.
- Your toddler should drink 16-20 oz. of whole milk each day. Too much milk can lead to picky eating and possibly iron-deficiency anemia.
- Put the milk in a “sippy” cup instead of a bottle. Do not put your toddler to bed with a bottle of milk. There is preliminary evidence that you should avoid #7 plastic bottles that contain BPA. Choose plastics with #1, #2, #4.
- Most toddlers do not need additional vitamins.
- Offer 3 regular meals & healthy snacks. Make feeding time happy. It is your child’s job to decide how much to eat and even if to eat at all. A toddler’s diet is sporadic, think in terms of a week instead of a day when counting vegetable, fruit, and/or protein servings!
- Do not give your toddler peanut butter or peanut products without asking us before 3 years of age.

Average Diet for Toddlers:

-Let your toddler experiment with a variety of foods from each group by touching and mouthing them
- Your toddler may become pickier but do not limit the menu to food he/she likes. You may have to

offer a toddler a new food several times before it may be accepted. Mealtime is an activity that toddlers express their newly independent likes and dislikes-this is normal.

- **Cereals** – Iron-fortified infant cereal (rice, mixed, barley, or oatmeal); cooked or instant Cream of Wheat, oatmeal, Cheerios, or other non-sugar-coated cereals
- **Fruits** – Fresh, canned, or baked; small pieces of fruits according to chewing ability – use unsweetened 100% juice fresh or from concentrate. Try Avocado!
- **Vegetables** – Fresh steamed or boiled, canned or frozen, refrain from raw vegetables – offer vegetable soup
- **Meats/Poultry** – Boiled, roasted, broiled tender meats and poultry or served in soups, use strained toddler meats as a sandwich spread – avoid fried foods
- **Dairy** – Soft mild cheeses (cottage, cream American, cheddar), pudding, yogurt, margarine or butter
- **Starch** – Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, rice cakes
- **Meat Substitutes** – Macaroni and cheese, cheese dishes served with milk, yogurt, beans, cottage cheese



Sleep:

- A regular relaxing bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your toddler to sleep more or less than the average. Most toddlers take 1 nap at this age.
- Prepare for a “new awakening”! Some children experience nighttime awakening between 12-18 months. This is normal. Do not give too much attention, a brief visit from you and reassurance should be all that is necessary. Try to avoid offering a bottle, food, or a trip back to bed with you as a means to get her back to sleep.

Development: (18-24 months):

- Walks quickly, walks backwards, climbs into chair, runs, jumps, dresses with help
- May put 2 words together, uses about 50 words but understands more, communicates with gestures, points to named body part or object or to indicate wants, understands commands and the word “No”
- Uses spoon/fork, cup, scribbles, may imitate crayon strokes, and stacks blocks
- Likes to play with other children, plays pretend games, talks on phone
- Your toddler may show interest in a doll/stuffed animal by hugging or pretend feeding. Your toddler may also show an interest in helping around the house.give her a damp washcloth and let her/him help out!
- Your toddler may show spontaneous affection by laughing in response to others’ actions.
- Your toddler may explore alone in a larger environment but with parent in close proximity.
- Encourage your child’s speech. Talk to your child about everything. Read to your child frequently-talk about and point to pictures in books. Use the library. Books do not have to be read..talk about the pictures or use simple words to describe what is happening in the book. Words that describe emotions will help your child learn the language of feelings. Children learn so much from listening to their parents/caregivers’ speech!
- Play games with sounds and words. Children love verbal stimulation and encouragement.

- The word “No” seems very important to your toddler. Do not worry...the defiance and negativism of your 18 month old child are merely assertions of your toddler’s independence.

Safety:

- Burns, falls, choking, drowning and poisonings are the biggest hazards in your toddler’s environment.
- Toddlers are busy and are excellent climbers! Lock cabinets and keep cleaners, medications, plastic bags, and small objects away from your toddler. Secure blind cords and install 2nd floor window gates. Erect wall mounted stair gates and cover table corners.
- Your toddler can drown in just a few inches of water, be careful to lock your toilets, drain buckets, playpools, or other standing water.
- Keep your toddler away from hot stoves, fireplaces, irons, space heaters...turn pan handles toward the back of the stove.
- In case of accidental ingestion or poisoning or for free poison prevention information, call the Illinois Poison Center at (800) 222-1222.
- Use a properly fitted bicycle helmet if you take your toddler on a bike ride.

Other Things to Keep in Mind:

- Use a small soft toothbrush with water to clean your toddler’s teeth twice a day.
- Use PABA-free sunscreen with SPF 15 or higher.
- Have your toddler’s feet properly fitted in length and width, buy flexible shoes.
- The AAP recommends “no TV until age 2”.

Discipline/Temper Tantrums/Toilet

Training

- Be consistent. Praise good behavior. Avoid too many rules. Say “No” then physically move your child from a dangerous situation. Do not yell or spank. Be a good role model.
- All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry.
- Ignore attention-seeking tantrums – do not try to reason with your toddler.
- Use a time-out for a disruptive tantrum or for unacceptable behavior, i.e. hitting.



Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806
www.townandcountrypeds.com

Your Eighteen Month Old Toddler

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

- Securely hold your toddler until he relaxes if there is danger of injury.
- A great reference for discipline is 1-2-3 Magic.
- The average age for potty training is 30 months..begin the journey by reading books, buy a potty and place it with your toys.

¾ tsp Children’s suspension
24-35 lbs= 100 mg=2.5mL Infant drops OR
1 tsp Children’s suspension

Tests/Immunizations for Today:

- Your child will be vaccinated against Hepatitis A and may have other catch up vaccinations.
- You will be given 2 developmental questionnaires to complete at home and mail back to our office.

Additional Instructions:

At the 2 year check-up:

- Your child may have a Hepatitis A vaccination.
- Your child may have another test to detect lead in the blood.
- Your toddler will have a physical examination and your questions and concerns will be answered.
- You will be given 2 developmental questionnaires to complete at home and mail back to our office.

Acetaminophen Dose:

Every 4-6 hours & no more than 4 doses/day
18-23 lbs= 120mg=1.2mL Infant drops OR
¾ tsp Children’s suspension
24-35 lbs= 160mg=1.6mL Infant drops OR
1 tsp Children’s suspension

OR **Children’s Ibuprofen Dose:** Every 6-8 hours

18-23 lbs= 75 mg=1.875 mL Infant drops OR