



YOUR BABY AT 18 MONTHS

Immunizations:

- Hepatitis A. Your baby may have a slight fever and fussiness after immunizations. Give Tylenol _____ mg, every 4 hours as needed. Use a warm compress if redness and tenderness over the injection site occurs.

Nutrition:

- Picky eaters. If child refuses food once, offer it again later. 8 to 10 ounces of milk per day, plus cheese, or yogurt to give 3-a-day Give 5 servings per day of fruit and vegetables. Encourage water not juices. Make mealtime a happy and learning experience. AVOID BATTLES.

Safety:

- Car safety restraints a must!
- Never leave child alone unattended in a car, the home, or the bathtub.
- Supervise all play not in a fenced in "safe area" in your yard.
- Guard against falls and watch climbing.

Hints:

- May have night awakenings. Night fears.
- Bedtime rituals helpful.
- May take 2 naps a day or none at all. Let your child's temperament be your guide.
- Buy a "potty" seat if your child is showing readiness for toilet training. Be careful not to force training, but rather let your child progress at his or her own pace.
- Read simple stories to your child regularly, especially at bedtime.
- Play games: Hide & Seek, Chase.
- Give child a toothbrush, demonstrate its use and encourage imitative behavior. Try brushing teeth twice a day.
- Limit TV, but watch children's programs with child when possible.

- Toys that the child can take apart and put back together, or toys that can be used to build are recommended. Avoid toys with small pieces.
- Child can help with simple chores such as picking up toys.
- Show affection and praise desirable behavior.
- Discipline needs to be firm, immediate, consistent, and loving.
- If necessary, set limits with physical reinforcement.
- Special toy or blanket is important to many children this age.
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Normal Development: 18 to 24 Months

- Walks proficiently.
- Enjoys pulling and pushing toys while walking.
- Runs awkwardly and falls a lot.
- Can walk backwards for a short distances.
- May show interest in toilet training.
- Begins to eat with a fork.
- Speaks from 3 to 50 words.
- Wants to name everything.
- Uses a few two-word combinations.
- Responds to simple requests.
- Repeats sounds and gestures.
- Rarely shows frustration when not understood.
- Often shows strong attachment to a blanket or toy.
- Resists bedtime.
- Responds with NO constantly.
- Shows some independence (feeds self, undresses self).
- Begins to develop a self concept.
- Imitates parents.
- May favor father.
- Understands that something can exist even when hidden.
- Can picture objects and events mentally.