

## Behavior Issues

- Keep the same bedtime routine every night.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult [www.healthychildren.org](http://www.healthychildren.org)
- Discipline is the process of teaching civilized behavior, not just giving punishment.
- Distract your child from annoying behavior. In dangerous situations, make eye contact, say 'No' firmly, then remove them.
- Avoid situations where he will be tempted to misbehave.
- Keep rules simple and consistent. Show them what you want them to do. Be a role model.
- Spanking teaches aggression.
- Praise for appropriate behavior is the most powerful reinforcement. Praise your child daily!
- Tantrums are normal. Ignore 'demand' tantrums; offer reassurance for 'frustration' tantrums until they pass. If you become overwhelmed, allow yourself a 'time-out'.

## Eighteen Month Visit

We will record your child's height, weight, and head circumference. The measurements do not have to be on the average line (50th percentile) to be "normal." Babies typically do not grow as rapidly now as they did in the first year.

### Let your doctor know today if...

- Your child cannot climb up, or he walks on his toes.
- Your child does not scribble or drink with a cup.
- Your child uses fewer than three or four words.
- Your child does not identify anybody parts (eyes, nose).
- Your child does not respond to his name when spoken softly.
- Your child avoids eye contact.
- Your child wakes at night and needs help to get back to sleep.
- You are worried about your child's growth, development, or behavior.
- You are feeling overwhelmed or sad about your child or unable to enjoy being with your child.
- You have a particular concern that's always on your mind.
- Your child spends time in a building built before 1960 that has peeling paint or that is or was renovated, or your child is around someone who has lead poisoning or who works with lead.

### Your next visit

At the two year visit your doctor will...

- Check your child's growth.
- Discuss influenza (seasonal) and COVID vaccines. Vaccine information is available at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).
- May discuss a blood test or the tuberculosis test (PPD).



**Weill Cornell Medicine**  
Primary Care

# Eighteen Month Visit



[weillcornell.org/primarycare](http://weillcornell.org/primarycare)

## Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child including brain damage and death.
- Recommended vaccines:
  - Hepatitis A
  - Influenza (seasonal) and COVID if not yet vaccinated
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: [healthychildren.org](http://healthychildren.org) (under the Health Issues tab) and at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine and the COVID vaccine.
- Your doctor may recommend a blood test for anemia and lead.
- Your doctor may also recommend the PPD test to check for tuberculosis exposure. It must be checked two or three days later, or it will need to be repeated.

## Staying Healthy

- Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
- Brush teeth twice daily with a spot of fluoride toothpaste (the size of a grain of rice).
- Use saline nose drops and a bulb syringe if your baby is congested. Avoid over-the-counter cold medicines.
- Do not clean inside the ear. Wipe only the outside.
- Learn infant CPR. Contact the American Heart Association for classes.
- Call for an office visit if your child has fever > 101 for more than 24-48 hours (other than in the 48 hours after vaccination) or sooner if they have fast or labored breathing, are not drinking well, or look very ill to you. A temperature of >105 is reason for a prompt evaluation.
- For fever or pain, your child can have acetaminophen every 4hrs. (Tylenol): “Infant’s” and “Children’s” (160mg/5mL)\_\_\_\_\_ or FEVERALL suppository\_\_\_\_\_ or ibuprofen every 6hrs (Motrin/Advil): Infant drops(50mg/1.25mL)\_\_\_\_\_ or Children’s (100mg/5mL)\_\_\_\_\_ Never give aspirin—it can cause brain damage during certain viral infections.

## Safety

- The leading preventable causes of injury now are car accidents, falls, and fires/burns, drowning and poisoning.
- Always use a car seat, even in a taxi. The middle of the back seat, rear facing, for as long as possible. Never use the front seat.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Check the window guards.
- Burns result from hot drinks, items on the stove, irons, radiators, and bath water.
- Keep hot liquids out of reach.
- Check the smoke detector battery once a month.
- Avoid prolonged sun exposure. Use a hat. Use sunscreen regularly (SPF 15-50, “broad spectrum” and “water resistant”).
- Avoid toys with sharp edges, strings, or small parts that may break off. Also avoid necklaces, charm bracelets, and balloons. Keep all small objects out of reach.
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Baby-proof your home.
- Block the kitchen with a gate.
- Put a lock on the toilet.

## Typical Development

By eighteen months most children...

- Walk without holding on to anyone or anything.
- Scribble.
- Drink from a cup without a lid and may spill sometimes.
- Feed themselves with their fingers.
- Try to use a spoon.
- Climb on and off a couch or chair without help.
- Copy you doing chores, like sweeping with a broom.
- Play with toys in a simple way, like pushing a toy car.
- Try to say three or more words besides “mama” or “dada”.
- Follow one-step directions without any gestures, like giving you the toy when you say, “Give it to me.”
- Move away from you but look to make sure you are close by.
- Point to show you something interesting.
- Put hands out for you to wash them.
- Look at a few pages in a book with you.
- Help you dress them by pushing their arm through a sleeve or lifting up their foot.

Some children...

- Walk up steps.
- Tantrum when frustrated.
- Identify eyes, nose, ears.
- Kick and throw a ball.

## Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2 yrs.
- Play games with your child.
- Sing songs and play music.
- Spend time drawing.
- Read lots of books every day.
- Model loving and caring inter-actions between adults for your child to witness.
- Keep him away from violence, such as loud arguments and violent video.
- Avoid even “educational” videos and apps.
- Limit TV and video time.
- Give your child toys with buttons, knobs, and levers.
- Play with blocks, Duplo, and puzzles with big pieces.
- Establish daily routines for activities, meals and naps.
- Browse: [www.zerotothree.org](http://www.zerotothree.org).

## Good Nutrition

- Adequate calcium is found in 16 – 20 oz of cow’s milk, plus yogurt and cheese. Giving more than 24 oz of milk per day often leads to anemia which impairs brain development.
- A vitamin with Iron also helps prevent anemia and provides supplemental Vitamin D.
- Give liquids in a cup. Phase out any remaining bottles now.
- City tap water given daily provides adequate fluoride. Occasional fruit juice helps for constipation but is not otherwise routinely recommended.
- Decreased appetite and picky eating are normal now because your child is not growing as fast as before.
- Share table foods with your child and offer them choices. Let them decide when they’re done eating.
- Choking hazards to avoid include hard foods such as nuts, raw carrots, hard candy, and popcorn, as well as softer foods like whole grapes and hot dogs.

## Normal Elimination

- If stools become hard, give more pears, peaches, or prunes, or a few ounces of juice daily.
- Excessive milk is constipating.
- Read about the potty but let your child set the pace.