



# 18 Month Old Well Child Visit

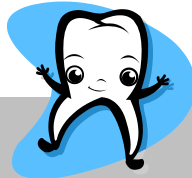
Center for Child & Adolescent Health  
St. Christopher's Hospital for Children  
(215) 427-5985



## What will happen today:

- ◆ You and your doctor will talk about your parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- ◆ Your child might receive shots and blood work.
- ◆ Talk about what your child is doing now that he wasn't doing before.
- ◆ Talk about what his favorite things are and who he plays with.
- ◆ Talk about how he is behaving and how you deal with temper tantrums.

## Dental Care



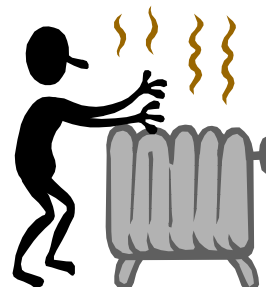
- ◆ Has your child seen the dentist yet? We have dentists at St. Christopher's (215-427-5065)
- ◆ Brush your child's teeth twice a day with a soft toothbrush.
- ◆ Fluoride helps make teeth strong and is found in tap water (not in bottled water).
- ◆ Limit juice and foods with sugar. This can cause cavities.
- ◆ NO bottles or sippy cups in bed. Formula, milk, or juice overnight can cause cavities. You can give your child water instead.
- ◆ Do not share toothbrushes! This can spread mouth bacteria.
- ◆ Your child will need your help brushing teeth until he is 6 years old.
- ◆ Be a good role model and don't forget to brush and floss your teeth everyday!



## Burn Prevention



- ◆ Make sure you have working smoke and carbon monoxide detectors in your home. You can get free ones from your local fire station.
- ◆ Do not leave hot liquids (like soup or coffee) on tables that your child might pull down onto him/herself.
- ◆ Turn pan handles toward the back of the stove.
- ◆ Keep your child away from hot things like stoves, fireplaces, space heaters, irons, and curling irons.



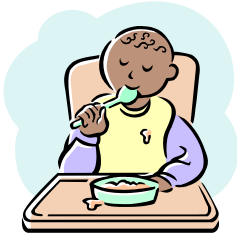











Smoke Free  
Home & Car  
1-800-QUIT-NOW

Poison Control Center  
1-800-222-1222



# Staying Healthy for 18 Month Olds

<p>Mealtime</p>	 <p>Eat meals together. Turn the TV off during meals.</p>	 <p>Let your child try different things from all food groups.</p>	 <p>Kids might not like a food the first time they try it. Keep offering the food several times.</p>
<p>Behavior</p>	 <p>Praise your child when she does good things by smiling or clapping. Kids like this!</p>	 <p>Discipline should be short and nonviolent. NO HITTING!</p>	 <p>Set rules that your child understands. Keep rules the same among all caretakers.</p>
<p>Language Skills</p>	 <p>Read to your child everyday. Talk about pictures in the book.</p>	 <p>Talk about what you see and do wherever you are. Sing to your child.</p>	 <p>Ask your child simple questions. Be patient and listen to him/her.</p>
<p>Safety</p>	 <p>Only use car seats in the back seat. The directions will tell you when to turn the car seat around.</p>	 <p>Use stair gates to keep your child from walking on the stairs alone.</p>	 <p>Keep cleaners, poisons, and medicines with safety caps, in high places, and locked up.</p>

**At the next visit:**

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

