



## 18 Month Well Visit

H: \_\_\_\_\_ %: \_\_\_\_\_ W: \_\_\_\_\_ %: \_\_\_\_\_ HC: \_\_\_\_\_ %: \_\_\_\_\_

**Nutrition:** Milk and water are best. A child’s palm is their portion size. Avoid sugary foods.

**Toilet Training:** Average age for girls is 2.5, boys 3.5 years. Watch for readiness signs: dry >2 hours, awareness of being wet, can help pull pants up/down, Motivation. Read books about training.

**Development:** Running, climbing, undressing, using a cup and utensils, scribbling, imitating others.

**Language:** 10-20 words will become vocabulary explosion — read together daily, use choice questions and simple words.

**Temper Tantrums:**

With independence comes frustration; ignore or redirect when possible, time out for rough behavior or frank disobedience (in a safe place for under 2 minutes). Be consistent.

**Safety:** Keep the car seat rear-facing until age 2. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

**Dental Health:** AAPD recommends fluoride toothpaste with twice daily brushing: the size of a grain of rice until they are able to spit, then pea-sized. Dentist visits begin at 12 months of age.

**Immunizations:** DTaP, hepatitis A if not already given.

**Medication Dosage:**

	18-24 lb	24-36 lb	36-48 lb
Acetaminophen (160mg/5mL)	3.75 mL (¾ tsp)	5 mL (1 tsp)	7.5 mL (1.5 tsp)
Infant Ibuprofen (50mg/1.25mL)	1.875 mL	2.5 mL (½ tsp)	---
Children’s Ibuprofen (100mg/5mL)	3.75 mL (¾ tsp)	5 mL (1 tsp)	7.5 mL (1.5 tsp)

**Next visit:** 24 months old