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18 months old

General health

- At eighteen months your child should not need any vaccinations, if you have been keeping immunizations up to date. Your child can start the Hepatitis A vaccine series (2 doses) at the 18 month or 24 month visit.
- At this visit you should complete an autism screening questionnaire. If you have questions concerning your child's risk for autism please discuss these with the doctor at this visit.
- Dental health- brush your child's teeth after meals with a toothpaste that contains fluoride, approximately the size of a grain of rice.
- If your child consumes only bottled/filtered/well water then you might need to supplement with fluoride. Please ask your child's doctor for further instruction.

Nutrition

- It is important to encourage a variety of different foods. You may need to try the same food multiple times before your child will eat it.
- Your child should have 1-2 8ounce servings of milk a day and 1-2 servings of other dairy products a day (cheese, yogurt).
- You should encourage water intake and limit juice intake to 4 fluid ounces per day.
- Your child should be able to eat most table foods, but continue to avoid hard candy, nuts or meal that requires extensive chewing.
- Solid foods should still be cut into bite-sized pieces no larger than a dime.

Elimination

- Your child should have 3-4 wet diapers a day.
- Stool pattern can vary greatly from several times a day to one every other day.
- Call if your child has not had a bowel movement in more than 3-4 days, has hard stools, red or black stools or no wet diapers.
- Your child may begin to recognize when they have a wet diaper and some children may show interest in potty training but many other children will not be ready until closer to 2 or 3 years old

Sleep

- Your child should be able to sleep through the night.
- Your child may benefit from a consistent daytime nap schedule—usually 1-2 naps a day.
- It is important to put your child to bed sleepy but awake in order to encourage falling asleep independently. If this isn't done, it will become more difficult for the child to learn to fall asleep on their own as they get older.

Behavior

- Your child should be able to climb, walk up stairs with assistance and run with a waddle.
- Your child should be able to put an object inside another object and scribble.
- Your child may start to imitate daily activities (cleaning the house, using the broom, pushing the lawnmower).
- Your child should say 10-20 words and be able to point to at least 3 body parts.
- The American Academy of Pediatrics recommends screen time limited to one hour per day. No “screen” use during meal times and limit “screen” use one hour before bedtime.
- In order to discipline your child it is important to set easily understood limits and to use time-out when necessary. We recommend one minute of time-out per year of age. Time-out must be done immediately after the negative behavior and all caregivers need to be consistent with discipline.

Injury Prevention

- Your child should remain in a rear facing car seat until at least 2 years old or until he reaches the maximum height or weight limites of his car seat
- Keep chemicals, cleaning supplies and medications out of reach.
- Keep the child away from the stove and oven. Keep hanging cords and electrical cords out of reach. Cover all electrical outlets.
- Limit sun exposure. It's OK to use sunscreen with minimum SPF 30, reapplying frequently
- Do not allow your child to pull up on objects that could fall on top of the child
- Keep sharp objects out of reach and move furniture with sharp corners or edges out of child's way.
- When bathing your child, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. Never leave child unattended in a bath or around water.
- Have working smoke detectors in your house. Check the batteries in your smoke detectors often.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times.
- All exterior doors to the home should be locked with a lock out of reach of the child.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____ lb ____ oz (____ %)

Height: ____ inches (____ %)

My next appointment: _____