



18 Month Old Information Sheet

Londonderry Pediatrics

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Activities

Encourage your child to be self expressive and make his or her own choices, while suggesting acceptable alternatives when appropriate. Listen to your toddler and show respect and interest for their ideas. Read interactively with your child. Continue to snuggle and cuddle with your child. Limit TV.

Sharing may be very difficult for an eighteen month old; allow for toys that are “not to be shared”.

Allow time for yourself and time with your partner.

Behavior

Have a few but consistent rules. Allow assertiveness within limits, but no aggressive behavior. Keep discipline brief. Never hit your child or scold excessively. Praise good behaviors. Help your toddler express joy, anger, sadness, fear and frustration.

Continue to act as a positive role model for your child. Give love, and receive love.

Signs of illness

Signs of illness may include fever, failure to eat, vomiting, diarrhea, irritability, lethargy, rash, or cough. If your child experiences one of these symptoms or you are concerned, feel free to call our office for advice or an appointment.

Feeding

Your toddler should be getting 20 -24 ounces of whole milk in a cup each day. Limit juice to about 6 ounces a day. Continue to eat meals as a family. Offer 2-3 nutritious snacks between meals. Your child’s appetite may vary from day to day.

Continue to introduce new foods to your child. Avoid “choke foods” and peanuts and peanut butter.

Oral Health

Use a toothbrush to clean your child’s teeth using only water or infant tooth and gum cleaner. Your baby should be getting fluoride, either from your tap water or as a prescription supplement.

Sleep

As your child shows more independence, resistance to bedtime may increase. Continue with a night time routine, including putting him or her to bed in their crib awake. Many parents choose to introduce a toddler bed between 18 and 24 months of age.

Night terrors- a sleeping child screams out in the middle of the night while still sleeping- are common at this age.

Safety

Eighteen month olds can get into just about anything, so re-examine the safety of your home. Be sure your water heater is set at 120F, limit access to “drowning risk” water such as toilets, tubs, pools. Continue to supervise closely. Use sunscreen daily. Check car seat to be sure it’s installed properly. Check window guards, or open windows form top only. Check function of smoke detectors. Maintain a smoke free environment. Use bike helmets. Be sure poisons, medicines, matches, weapons are well locked up. New Hampshire’s poison control number is 1800 222 1222.