

DUNWOODY PEDIATRICS

INFANT CARE FROM AGE 15 TO 18 MONTHS

Date: _____

Weight: _____ Percentile: _____ Head circumference: _____ Percentile: _____

Height: _____ Percentile: _____

Immunizations received today: Dtap _____ Polio _____ MMR _____ Prevnar _____

Hepatitis A _____ Hepatitis B _____ Hib _____ Varicella _____

NUTRITION

◆ **Milk:** 2-3 servings whole milk (6-8 oz.) a day. Yogurt, cottage cheese, pudding, ice cream and frozen yogurt are other alternatives.

◆ **Meats:** 2 servings a day (1 oz/ 2 Tbsp = a serving). Equal protein is found in 1 oz meat, 2 Tbsp peanut butter, 1 oz cheese, or ½ cup cooked beans or peas.

◆ **Fruits/Vegetables:** 4 servings a day (1/4 cup = a serving).

◆ **Breads/Cereals:** 4 servings a day, a serving size = to ½ slice, ½ cup cereal or ¼ cup pasta.

Children this age are often picky eaters, but at this time their nutritional requirements are not great. Keep servings sizes small but varied.

Encourage your child to feed themselves with fingers, forks and spoons.

SLEEPING

Bedtime should be consistent and follow a particular routine, ending with the toddler quiet, but awake, in their crib and ready to fall asleep on their own. Changing routines, teething, and active dreaming often contribute to nighttime awakenings. If they awaken check on safety and comfort, have as little interaction as possible, and quickly leave the room to encourage them to put themselves back to sleep.

ELIMINATION

Your child may begin showing an interest in toilet training by becoming interested in a potty chair, telling you when they are wet, bringing you a clean diaper or waking up dry. Typical toilet training is closer to age 2.

DEVELOPMENT/PLAY

Children this age will begin walking well alone, stoop and recover objects, scribble, say 4-6 words, point to body parts, and indicate wants with points. Try to avoid responding to the 'point and grunt', to encourage future success with speech. Appropriate toys at this age should encourage gross motor skills and dexterity, (i.e. cardboard boxes, space to run and jump, household tools that allow imitation, drawing, puzzles and reading).

DISCIPLINE

Children this age are learning to be independent, but cannot judge safety. Be consistent with the word 'no', recognizing it may not always get a desired response. Focus on redirection of activities and praise for good behavior. Temper tantrums are a common

reaction for children this age. Once you have determined they cannot hurt themselves, ignore them and walk away. This will prevent you from becoming angry and will not give your toddler an audience. For safety reasons you can also place them in their crib, or room for a time out. Use few words in a calm voice to address the problem.

SAFETY

Safety measures around your toddler cannot be emphasized enough. Continue using an approved carseat in the recommended manner. Other common accidents of this age include burns, falls, drowning, and poisonings.

Your child's next well visit should be at 18 months.

Additional Resources for Parents

Your One Year Old, Ames and Ilg (1983)

Caring For Your Baby and Young Child: Birth to Age 5 (4th ed.), AAP (2004)

9/6/05 10/31/05