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## **18 MONTH VISIT**

**Date of Visit:** \_\_\_\_\_

**Height:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

**Head Circumference:** \_\_\_\_\_

### **DEVELOPMENTAL MILESTONES (obtained from AAP):**

#### **Movement**

- Walks alone
- Pulls toys behind her while walking
- Carries large toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down from furniture unassisted
- Walks up and down stairs holding on to support

#### **Hand and Finger Skills**

- Scribbles spontaneously

- Turns over container to pour out contents
- Builds tower of four blocks or more
- Might use one hand more frequently than the other

#### Language

- Points to object or picture when it's named for him
- Recognizes names of familiar people, objects and body parts
- Says several single words (by 15 to 18 months)
- Uses simple phrases (by 18 to 24 months)
- Uses two- to four-word sentences
- Follows simple instructions
- Repeats words overheard in conversation

#### Cognitive

- Finds objects even when hidden under two or three covers
- Begins to sort by shapes and colors
- Begins make-believe play

#### Social

- Imitates behavior of others, especially adults and older children
- Increasingly aware of herself as separate from others
- Increasingly enthusiastic about company of other children

#### Emotional

- Demonstrates increasing independence
- Begins to show defiant behavior
- Episodes of separation anxiety increase toward midyear then fade

#### Developmental Health Watch

Because each child develops at his own particular pace, it's impossible to tell exactly when yours will perfect a given skill. The developmental milestones will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if he takes a slightly different course. Alert your pediatrician; however, if he displays any of the following signs of possible developmental delay for this age range.

- Cannot walk by 18 months
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on his toes
- Does not speak at least 15 words by 18 months

- Does not use two-word sentences by age 2
- By 15 months, does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon)
- Does not imitate actions or words by the end of this period
- Does not follow simple instructions by age 2
- Cannot push a wheeled toy by age 2

### **VACCINES:**

Varicella Vaccination

### **DIETARY EXPECTATIONS (obtained from [www.kidshealth.org](http://www.kidshealth.org)):**

How much is enough? Understanding basic nutrition and portion sizes for children.

Of course, good nutrition starts with the five basic food groups. But for a little one who's growing fast it's hard to know just how much he should be eating. Below are some basic guidelines:

## **Here's what to serve:**

### **Milk, Yogurt and Cheese 3-4 Daily:**

½ cup of milk; ½ ounce of cheese; 1/3 cup of yogurt.

### **Fruits 2 Daily:**

1 piece of fruit or melon wedge; 1 cup of canned fruit

### **Vegetables 3 Daily:**

½ cup chopped raw or cooked vegetables; 1 cup leafy vegetables

### **Breads, Cereals, Grains and Pasta 6 Daily:**

1 slice bread; ½ cup cooked rice/pasta; ½ cup cool cereal.

### **Meat, Fish, Poultry, Eggs, Peanut Butter and Cooked Dried Beans 2 Daily Example:**

2-3 oz of cooked lean meat, poultry or fish; ½ cup of cooked dry beans; 1 egg = 1 oz of meat; 2 TBLS pea butter = 1 oz meat

If chewing and swallowing meats are a problem for your little toddler, casseroles, hearty soups, fish, eggs, peanut butter and legumes are often better choices .

Don't worry about getting your little one to eat the exact number of servings from each group every single day. Instead, try to average them out so that he gets enough per day over a one to two-week period. For example, if he's into eating a lot of yogurt for a few days, he may get enough servings for the week.

Portions should always be served according to age, appetite and activity level. A good rule-of-thumb is one-fourth to one-third the adult portion, or one tablespoon for each birthday year.

Start small. With smaller sized portions, you won't overwhelm your baby. And you can give him the option of asking for more.