

Your 18 Month Old



Normal Development – what to expect from 18 months to 2 years old

Daily Activities

- Enjoys imitating parents
- May favor father

Language

- Says from 3 to 50 words
- Uses a few two-word combinations by 2 years old

Emotional and Behavioral Development

- May begin to show frustration when not understood
- Kisses and shows affection
- May say “no” all of the time
- Likes to show independence (feeds self, undresses self)

Motor skills

- Walks well
- Enjoys pushing and pulling toys while walking
- Throws a ball
- Runs awkwardly and falls a lot

Food, Food, Food!

Between 1 and 2 years old the amount your child eats can change on a daily or weekly basis. They may love something one day and Yuk! the next day. This is normal.

- Almost all nutrition is from table food.
- Whole milk until age 2 - usually no more than 24oz/day.
- About 3 meals and 2 snacks per day. Continue to offer a variety of foods.
- If your child is refusing a cup, try offering a new cup that your child picks out.
- Transition out of the bottle to 100% sippy cup; try a straw.
- Should be pretty good at using utensils.
- Please tell us if you are having trouble getting enough food for your family.

Sleeping

Have a simple bedtime routine every night. Put your child down to sleep at night drowsy but still awake.

Napping about once daily.

Avoid putting a TV in the bedroom

The Highlights!

- Give clear, simple words to tell your toddler what you want her to do
- Give him words for his feelings
- See page 3 for how to start **time out**
- Consider enrolling in a playgroup or parenting class
- Expect your child to cling to you in new places or with new people.
- **Give your toddler many chances to try a new food.** Allow mouthing and touching to learn.
- An Autism screening (called the MCHAT) will be done at today's visit.
- **Potty training** can begin from 18 months to 3 years old



Mealtimes a struggle?

Cook one thing for everyone. Avoid short-order cooking. Keep offering healthy foods. Kids need to see new foods 10-15 times before feeling comfortable with them. Offer a dipping sauce for meats, fruits and veggies to peak interest.

- Let your child choose foods from what you offer and choose how much they eat.
- Let your child feed himself. It may be messy but he will learn a lot. Give her cups, bowls and spoons that are easy to use.
- Eat meals at the table as a family.

Is my child getting enough?

Review our picky eating handout online May give a multivitamin with iron – Polyvisol with iron 1ml daily.

If keeping on their growth curve then it's ok! They are getting enough.

Some Helpful and Trusted Websites:

- Healthychildren.org (American Academy of Pediatrics)
- Genesispediatrics.com for our Genesis Advice Packet (GAP)
- vec.chop.edu/service/vaccine-education-center/home.html (Children's Hospital of Philadelphia for vaccine information)

Next Visit:
See you in 6 months
for the 2 year physical!

Play

Toddlers are always on the go! There are lots of ways to channel this energy in positive ways.

- Find physical activities that are fun for the whole family.
- Get outside and play together!
- Limit the amount of time your child watches TV.
- Look for community programs or a playgroup that encourages physical activity.
- Great website: rochester.kidsoutandabout.com
- See suggestions about early learning on pg 4



Taking care of your toddler's teeth:

- Clean teeth with a soft infant toothbrush and a tiny smear of children's fluoride toothpaste 2x/day.
- Floss when teeth start to become closer together.
- Avoid sipping milk or juice all day long to protect teeth from cavities.
- Brush your own teeth and avoid sharing cups and spoons with your child. This can spread germs that cause cavities from your mouth to your child's mouth.

Safety

Carseat:

Car seats should be rear facing in the back seat until at least 2 years of age. Never put your child in the front seat of a vehicle with a passenger airbag.

Always moving...

Have another adult hold your child when you are backing out of the driveway.

Place gates at the bottom and top of stairs.

Move furniture away from windows

Place guards on windows on the 2nd floor.

Where is Lead Found?

Lead based paint was frequently used in homes built before 1978. Renovating these homes can release lead and cause a danger to everyone in that home, especially children. It is possible that parents who work in certain professions (painting, plumbing, construction, auto repair, welding) can bring lead home on their clothing and shoes. Lead can also be found in improperly fired ceramic or pottery made in a foreign country. Children are required to be tested for lead at 1 and 2 years old or at any time that they are found to be at risk for lead exposure.

Lead Exposure Risk Questionnaire

1. Does your child live in or regularly visit a house/building built before 1978 with peeling or chipping paint or with recent remodeling? Includes day care center, preschool or babysitter's home. (Yes/No)
2. Has your family ever lived outside of the United States or recently arrived from another country? (Yes/No)
3. Does your child have a brother or sister, playmate being treated for lead poisoning? (Yes/No)
4. Does your child frequently put things in their mouth or eat non-food items? (Yes/No)
5. Does your child see an adult whose job or hobby involves lead? Including painting, plumbing, construction, auto repair, welding. (Yes/No)
6. Does your child live near an active industrial site or a busy road? (Yes/No)
7. Does your family use products from other countries such as health remedies, spices or foods or serve food in leaded crystal, pottery or pewter? (Yes/No)

If the answer is YES to any of these questions, then your child is considered to be at risk for lead exposure and should have a lead screening test.

I Have a Few Questions...

1. How do I know if my child is ready for Potty Training?

Signs of being ready:

- Dry for at least 2 hours
- Knows if wet or dry
- Can pull pants down and up
- Wants to learn
- Can tell you if he is going to have a bowel movement

A few other thoughts:

Read books about potty training with your child

Praise sitting on the potty even with clothes on

Child refusing? Take a break and try again later.



2. Is it really that big of a deal if I smoke or smoke near my child?

Smoking around your child, smoking in the car that they ride in or holding your child with the smell of smoke on your clothes is not healthy for your child. This exposes them to toxins and can lead to **breathing problems and increase the risk of ear infections.**

New York States Smoker's Quitline

Free and Confidential

Tobacco-Free Coaching

Free Nicotine Replacement options

1-866-NY-QUITS (1-866-697-8487)

or www.nysmokefree.com

3. What do I do if my child has swallowed something poisonous?

DO NOT WAIT to see if your child will be ok!

Act quickly and call!

Poison Control 1-800-222-1222

4. Can you give me a quick introduction to timeouts?

Consider the book "1-2-3 Magic"

Time Out: An Introduction

- Choose a safe, easy location to get to which is boring.
- Initially sit with child on your lap facing away from you. Say "this is time out" then say nothing.
- Simple, no discussion, nothing that makes it interesting to be in time out.
- Time for this age is about 30 seconds, after age 2 the rule is 1 minute per year of age.
- When 30 seconds is over say "ok time out is over, you may go play".
- Eventually move to sitting on their own.
- If they get up too soon, keep bringing them back to time out spot.
- If this is not working well, may need to use a crib, play pen, or room.



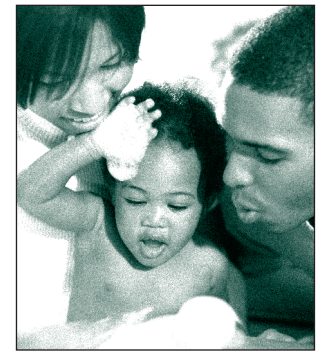
5. How can I help create a strong family connection?

- Create time for your family to be together.
- Keep outings with a toddler short - 1 hr or less.
- Do not expect a toddler to share.
- Give older children a safe place for some toys that are only for them.
- Make time to take care of yourself.
- Make sure that you are spending alone time with your spouse or partner.
- Spend special time with each child.
- If you are having a new baby, prepare your child by reading books about being a big brother or sister.


But I have another question!

For non-urgent questions contact us through the portal at genesispediatrics.com

Everyday Ways to Support Your Baby's and Toddler's Early Learning



Your baby is learning—about you, himself, and the world around him—from the moment he enters the world. The chart below gives you some ideas of the many ways you can support your child's early learning through your everyday activities.

What's Going On With Your Baby or Toddler	What You Can Do
<p>Language and Communication Babies express their needs and feelings through sounds and cries, body movements, and facial expressions. Your baby will begin using words sometime around 1 year. By the time she is 3, she will be speaking in short (3-5 word) sentences.</p>	<ul style="list-style-type: none"> • Watch and listen to see how your baby communicates what she is thinking and feeling. • Repeat the sounds and words your child uses and have back-and-forth conversations. • Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas. • Talk about what you do together—as you play, do errands, or visit friends and family.
<p>Thinking Skills Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.</p> 	<ul style="list-style-type: none"> • Encourage your child to explore toys in different ways—by touching, banging, stacking, shaking. • Turn everyday routines into playful learning moments. For example bath time is a chance to learn about ideas like <i>sinking/floating</i> and <i>wet/dry</i>. • Follow your child's interests. Children learn best through activities that excite them. • Ask your child questions that get him thinking as he nears age 3. For example, when reading a book together, ask <i>Why do you think the girl is laughing?</i>
<p>Self-Control Over the first 3 years, your child is beginning to develop self-control—the ability to manage his feelings and actions in acceptable ways. He is also learning to wait, share, and work out problems with his friends.</p>	<ul style="list-style-type: none"> • Use words to help your child understand his feelings. <i>You are really mad because we have to leave the park.</i> • Give choices to older toddlers. <i>Would you like to read books before or after we brush teeth?</i> • Stay calm when your child is upset. This helps him feel safe and get back in control.
<p>Self-Confidence Your child is learning that she is a very special person; that she is loved, smart, fun, and capable. When children feel good about themselves, they are more confident and willing to take on new challenges.</p>	<ul style="list-style-type: none"> • Comment on what your child does well. <i>You found the button that makes the bear pop up!</i> • Help your child be a good problem-solver. Give her the support she needs to be successful without completely solving the problem for her. • Give your child the chance to do things for herself like pouring milk from a small plastic pitcher. • Encourage your child to keep trying. <i>You are working so hard to get the ball in the basket. Sometimes it takes lots of tries!</i>

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Visit www.zerotothree.org/schoolreadiness for more information on early learning and healthy development.

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DTaP (Diphtheria, Tetanus, Pertussis) Vaccine: *What You Need to Know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

DTaP vaccine can prevent **diphtheria, tetanus, and pertussis**.

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- **DIPHTHERIA (D)** can lead to difficulty breathing, heart failure, paralysis, or death.
- **TETANUS (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- **PERTUSSIS (aP)**, also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

2. DTaP vaccine

DTaP is only for children younger than 7 years old. Different vaccines against tetanus, diphtheria, and pertussis (Tdap and Td) are available for older children, adolescents, and adults.

It is recommended that children receive 5 doses of DTaP, usually at the following ages:

- 2 months
- 4 months
- 6 months
- 15–18 months
- 4–6 years

DTaP may be given as a stand-alone vaccine, or as part of a combination vaccine (a type of vaccine that combines more than one vaccine together into one shot).

DTaP may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of any vaccine that protects against tetanus, diphtheria, or pertussis**, or has any **severe, life-threatening allergies**
- Has had a **coma, decreased level of consciousness, or prolonged seizures within 7 days after a previous dose of any pertussis vaccine (DTP or DTaP)**
- Has **seizures or another nervous system problem**
- Has ever had **Guillain-Barré Syndrome** (also called “GBS”)
- Has had **severe pain or swelling after a previous dose of any vaccine that protects against tetanus or diphtheria**

In some cases, your child’s health care provider may decide to postpone DTaP vaccination until a future visit.

Children with minor illnesses, such as a cold, may be vaccinated. Children who are moderately or severely ill should usually wait until they recover before getting DTaP vaccine.

Your child’s health care provider can give you more information.



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Centers for Disease
Control and Prevention

4. Risks of a vaccine reaction

- Soreness or swelling where the shot was given, fever, fussiness, feeling tired, loss of appetite, and vomiting sometimes happen after DTaP vaccination.
- More serious reactions, such as seizures, non-stop crying for 3 hours or more, or high fever (over 105°F) after DTaP vaccination happen much less often. Rarely, vaccination is followed by swelling of the entire arm or leg, especially in older children when they receive their fourth or fifth dose.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636** (**1-800-CDC-INFO**) or
 - Visit CDC's website at www.cdc.gov/vaccines.



Haemophilus influenzae type b (Hib) Vaccine: What You Need to Know

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1. Why get vaccinated?

Hib vaccine can prevent *Haemophilus influenzae* type b (Hib) disease.

Haemophilus influenzae type b can cause many different kinds of infections. These infections usually affect children under 5 years of age but can also affect adults with certain medical conditions. Hib bacteria can cause mild illness, such as ear infections or bronchitis, or they can cause severe illness, such as infections of the blood. Severe Hib infection, also called “invasive Hib disease,” requires treatment in a hospital and can sometimes result in death.

Before Hib vaccine, Hib disease was the leading cause of bacterial meningitis among children under 5 years old in the United States. Meningitis is an infection of the lining of the brain and spinal cord. It can lead to brain damage and deafness.

Hib infection can also cause:

- Pneumonia
- Severe swelling in the throat, making it hard to breathe
- Infections of the blood, joints, bones, and covering of the heart
- Death

2. Hib vaccine

Hib vaccine is usually given in 3 or 4 doses (depending on brand).

Infants will usually get their first dose of Hib vaccine at 2 months of age and will usually complete the series at 12–15 months of age.

Children between 12 months and 5 years of age who have not previously been completely vaccinated against Hib may need 1 or more doses of Hib vaccine.

Children over 5 years old and adults usually do not receive Hib vaccine, but it might be recommended for older children or adults whose spleen is damaged or has been removed, including people with sickle cell disease, before surgery to remove the spleen, or following a bone marrow transplant. Hib vaccine may also be recommended for people 5 through 18 years old with HIV.

Hib vaccine may be given as a stand-alone vaccine, or as part of a combination vaccine (a type of vaccine that combines more than one vaccine together into one shot).

Hib vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of Hib vaccine**, or has any **severe, life-threatening allergies**

In some cases, your health care provider may decide to postpone Hib vaccination until a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting Hib vaccine.

Your health care provider can give you more information.



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4. Risks of a vaccine reaction

- Redness, warmth, and swelling where the shot is given and fever can happen after Hib vaccination.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

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Polio Vaccine:

What You Need to Know

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1. Why get vaccinated?

Polio vaccine can prevent **polio**.

Polio (or poliomyelitis) is a disabling and life-threatening disease caused by poliovirus, which can infect a person's spinal cord, leading to paralysis.

Most people infected with poliovirus have no symptoms, and many recover without complications. Some people will experience sore throat, fever, tiredness, nausea, headache, or stomach pain.

A smaller group of people will develop more serious symptoms that affect the brain and spinal cord:

- Paresthesia (feeling of pins and needles in the legs),
- Meningitis (infection of the covering of the spinal cord and/or brain), or
- Paralysis (can't move parts of the body) or weakness in the arms, legs, or both.

Paralysis is the most severe symptom associated with polio because it can lead to permanent disability and death.

Improvements in limb paralysis can occur, but in some people new muscle pain and weakness may develop 15 to 40 years later. This is called "post-polio syndrome."

Polio has been eliminated from the United States, but it still occurs in other parts of the world. The best way to protect yourself and keep the United States polio-free is to maintain high immunity (protection) in the population against polio through vaccination.

2. Polio vaccine

Children should usually get 4 doses of polio vaccine at ages 2 months, 4 months, 6–18 months, and 4–6 years.

Most **adults** do not need polio vaccine because they were already vaccinated against polio as children. Some adults are at higher risk and should consider polio vaccination, including:

- People traveling to certain parts of the world
- Laboratory workers who might handle poliovirus
- Health care workers treating patients who could have polio
- Unvaccinated people whose children will be receiving oral poliovirus vaccine (for example, international adoptees or refugees)

Polio vaccine may be given as a stand-alone vaccine, or as part of a combination vaccine (a type of vaccine that combines more than one vaccine together into one shot).

Polio vaccine may be given at the same time as other vaccines.



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3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of polio vaccine**, or has any **severe, life-threatening allergies**

In some cases, your health care provider may decide to postpone polio vaccination until a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting polio vaccine.

Not much is known about the risks of this vaccine for pregnant or breastfeeding people. However, polio vaccine can be given if a pregnant person is at increased risk for infection and requires immediate protection.

Your health care provider can give you more information.

4. Risks of a vaccine reaction

- A sore spot with redness, swelling, or pain where the shot is given can happen after polio vaccination.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

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