

My Toddler

at 18 months



Baby Shots

I may not need shots if I've had the following:

- DTaP - 4 doses
- Polio - 3 doses
- MMR (measles, mumps, rubella) - 1 dose
- HIB - 3-4 doses
- Varicella (chickenpox) - 1 dose
- Hepatitis A - 1 dose
- Pneumococcal - 4 doses
- Flu—1 - 2 doses
- Hep B—3 doses



If I'm missing any of these shots, please call my health care provider or the Health Department (1-800-432-4121) to make an appointment.

Show me love by . . .

- Holding my hand as I climb up and down stairs.
- Giving me a safe spot to play
- Praising me and giving me attention for positive behaviors.
- Reading books to me while pointing out names of objects and pictures.
- Giving me a chance to dust, sweep or clean with you.
- Protecting me from injury.
- Setting regular toilet training routines.
- Accepting and understanding that accidents like spilled milk will occur.
- Praising me for my efforts.
- Encouraging pretend play.
- Using simple, clear phrases.
- Blowing bubbles for me!

Keep me safe ...

- A safe area is needed for outside play.
- A car seat is still required; a rear-facing seat, approved for children up to 2 years is recommended.
- Supervision is needed in the house, car, and swimming area.
- Post the Poison Control number by your phone: 1-800-222-1222 and check out DeVos Children's Hospital Regional Poison Center online at poisoncenter.devoschildrens.org

By the 18th month...

- ♥ Your toddler likes to imitate parents by sweeping, dusting or feeding the dog!

Watch me grow! I can . . .

- Grow 5 inches between 1 and 2 years old!
- Gain about 5 pounds between 1 and 2.

What I need . . .

- To be offered healthy foods at snack and meal times.
- 16-20 ounces of milk daily; small servings may come from milk, cheese or yogurt.
- Limited juice—1/2 cup a few times a week.
- 2 fruit and 2 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit).
- 2 protein servings daily; cheese, meat and eggs.
- 6 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To have new foods introduced when I'm hungry.

Don't forget . . . I can

- Use a spoon well.
- Drink from a regular cup.
- Enjoy family mealtimes.
- Have changing food likes and dislikes. Keep offering me a variety without being pushy.
- Sleep 10-12 hours a night.
- Nap one - two times per day.

You can take care of my oral health by...

- Brushing my teeth at least twice daily—morning and night—with a soft-bristled toothbrush
- Limiting sippy cups to meal times.
- Offering water between meals.

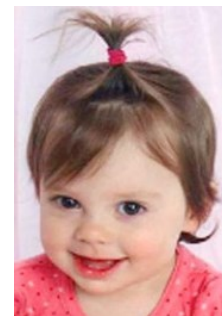
Exploring my world . . . I can

- Walk upstairs, one at a time.
- Run with frequent falling.
- Throw a ball overhand.
- Say 4-10 words and follow simple commands.
- Imitate household activities like talking on the phone.
- Have temper tantrums.
- Show interest in toilet training through word signals, having dry naps and regular bowel movements.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Brush my teeth with help
- ✓ Stack 2-4 blocks
- ✓ Say 6 words
- ✓ Walk up steps
- ✓ Kick a ball



The Path to Reading...

18 months

You can:

- ★ **Obtain** a library card and borrow books often. A variety of books will help your child develop his imagination and learn more about the world
- ★ **Give** your child a chance to turn the pages and answer as he points and names what he sees on the page.
- ★ **Listen** to sounds with your child. Ask, "Do you hear the bird? There goes a truck. Vroooooom!"

Book Corner: Children at this age especially love animal books of all sizes and shapes. They also enjoy short picture books with only a few words on a page.

Check out these websites and apps for FREE info!



Free Baby Care App:
(Google Play)



WIC Website for Feeding Information
www.michigan.gov



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



WebMD Baby App:
<http://www.webmd.com/webmdbabyapp>



POISON CONTROL
Available 24 hours a day
7 days a week

1-800-222-1222



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N-195; 3/17



nwhealth.org
(800) 432-4121

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