

Healthy Babies, Healthy Kids, Healthy Futures™  
Healthy Habits that start in childhood last a lifetime.



**18 MONTH OLD CHILD – WELL VISIT HANDOUT**

**GROWTH PARAMETERS**

Weight	lbs	oz	%
Height		inches	%
Head Circumference		cm	%

**DEVELOPMENTAL MILESTONES FOR AN 18 MONTH OLD**

- runs/climbs
- points to things of interest
- takes stairs with hand held
- may express dominant hand
- mimics what you say and do
- looks at books
- undresses partly
- increasing vocabulary
- increasing independence

**ANTICIPATORY GUIDANCE FOR 19-24 MONTHS**

- increasing vocabulary
- mimics what you say and do
- runs/climbs/dances
- points to things of interest
- may recognize need to pee/poop
- takes stairs without hand held
- wants increasing independence
- may express dominant hand
- temper tantrums start/continue
- tests limits/acts out frustrations

**SAFETY**

- Crib mattress should be all the way down. If trying to climb out, get a crib tent or toddler bed.
- Avoid sun exposure (Apply at least SPF 30 sunscreen daily as part of getting dressed).
- Front facing car seat in back seat of car till **BOTH 6 years AND 60 lbs.**
- Fever is a rectal temperature  $\geq 100.5$ . Use Tylenol or Motrin for fevers or pain. See the dosing handout under parent handouts @ [www.drglasser.com](http://www.drglasser.com) for your child's dose based on weight.
- **USE ONLY THE MEASURING DEVICE THAT COMES WITH THE BOTTLE TO DOSE YOUR CHILD'S MEDICINES. OVERDOSES CAN RESULT OTHERWISE!!**
- Clean teeth with toddler toothbrush twice a day with water or NON-FLUORIDE containing toothpaste. First dental visit at 3 years.
- Continue childproofing the house. Have Poison Control number **1-800-222-1222** near the phone.

**NEXT VISIT AT 2 YEARS (DON'T FORGET THE SHOT RECORD)**

Dr. Lisa Glasser of Siena Pediatrics.  
Call for appointments (702) 248-7337.  
Visit [www.drglasser.com](http://www.drglasser.com) for additional information.

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