



## 18 Month Old Well Child Visit

Temp \_\_\_\_\_ Weight \_\_\_\_\_ Weight% \_\_\_\_\_  
HR \_\_\_\_\_ Length \_\_\_\_\_ Length% \_\_\_\_\_  
Resp \_\_\_\_\_ Head Circumference \_\_\_\_\_ Head Circ% \_\_\_\_\_

**Immunizations today: HiB; DTaP ; Hepatitis A**  
**Catch up on other vaccines if needed / Autism Screening Questionnaire**

### DEVELOPMENT

By 18 months of age, your baby should begin to do some of the following:

- Climb stairs with one hand held
- Walk well/may run
- Use 7-20 words
- Throw a ball
- Stack 3 to 4 blocks
- Follow simple commands
- Scribble with crayons

### ACTIVITIES

- Play hide-and-seek
- Read and sing together
- Play with a ball
- Play on small slides and small swing sets

### FEEDING

- Whole milk is appropriate (16-24 ounces per day)
- Appetite may decrease
- Should be eating table foods
- Introduce toothbrush, using non-fluoridated toothpaste until child learns to spit it out
- Continue to encourage good eating habits

### OTHER:

- Baby should be in own crib or bed ideally in own room
- Encourage interaction with other babies around the same age
- Swimming lessons are appropriate under close supervision
- Use sun block for sun exposure.
- Discourage hitting and biting, while realizing that this is a normal stage in development
- Set limits, enforce them consistently
- Time-outs are appropriate with maximum of 1 minute “in time-out”
- Toilet training may begin as early as 18 months and as late as 3 years old. Do not force the issue
- Between 1 and 2 years of age is a good time for the first dental appointment.

### SAFETY

- Assess size of car seat. Ensure it is appropriate for child’s length and weight.
- Continue to baby proof for growing child
- Never leave child unattended near water
- Gate all stairs
- NO SMOKING

### USEFUL WEBSITES and Numbers

[www.brightfutures.org](http://www.brightfutures.org)    [www.aap.org](http://www.aap.org)    [www.kidshealth.org](http://www.kidshealth.org)

**POISON CONTROL 06371-86-7070 486-7070**

Next scheduled visit is at **24 months**  
Call 430-8610 to schedule

New Parent Support 07031-15-3340/3353  
WIC 07031-15-3351  
EDIS/Early Intervention 07031-15-2697/2547

**USAHC Stuttgart, Germany**

[www.kidshealth.org](http://www.kidshealth.org)