



Cornerstone Pediatrics

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## 18 Month Well Child

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Weight: \_\_\_\_\_ *lbs* \_\_\_\_\_ *oz* Length: \_\_\_\_\_ *in* Head Circumference: \_\_\_\_\_ *cm*

Age: \_\_\_\_\_ Next Scheduled Appointment: \_\_\_\_\_

### General Nutrition:

- Milk consumption should be 16-24 oz. daily of whole milk including dairy products such as cheese and yogurt.
- No bottles or pacifier should be used at this point.
- Establish meal times and limit snacking.
- Offer a variety of food from meats, grains, beans, fruits, and vegetables.

### Sleep:

- Your toddler should sleep 11 to 13 hours per day which is likely to include one afternoon nap.
- Promote self-soothing behavior in bedtime routine.
- Lower crib mattress for safety until your child is ready for transition to a toddler bed.

### Development:

**Gross Motor:** Walks well and can skip, jump and run. May climb on age appropriate equipment and can walk up and down stairs with assistance for balance.

**Fine Motor:** Hand eye coordination improves. Can help with dressing by pulling on clothes and learning to fasten clothing with help.

**Speech and Language:** Vocabulary will continue to grow to approximately 50 words. Can point to named objects and may enjoy making animal sounds.

**Social:** More aware of himself or herself as individual. Likes to play with toys but doesn't want to share. Maybe apt to tantrums but can easily be redirected.

### Discipline:

Your child will continue to test limits so it is important to be persistent in your established limits. Look for positive behaviors to praise and promote desired behaviors.

### Immunizations:

- DTaP- Diphtheria, tetanus and acellular pertussis

### Lab tests:

- None unless warranted by exam.

### Fever:

- A fever is considered a rectal temperature greater than 100.5° F.
- Take your baby's temperature under the arm. If elevated do a rectal temperature for confirmation.
- To take a rectal temperature;

- Put a small amount of Vaseline™ on the end of the thermometer.
- Lay your baby on his stomach, with one hand on his bottom and your arm resting lightly on his back to keep him from rolling. Holding the thermometer in the other hand, gently insert the bulb (the silver part) into your child's rectum. You only need to insert it far enough to cover the bulb.
- After it stops, remove the thermometer and read the temperature.
- Make sure you clean the thermometer well after each use.
- If your baby has an elevated temperature first try to undress your baby leaving only the diaper and recheck in ten minutes. If remains elevated you need to give us a call for additional guidance.

**Call the office if your baby:**

- Has a rectal temperature over 102.0° F especially without any explanation or associated cold symptoms
- Coughing frequently
- Vomiting persistently or excessively
- Falls, hits his/her head and passes out, vomits or behaves unusually
- Refusing to eat
- Does not look well or is unusually sleepy or inconsolable
- If you have any questions

**Important Phone Numbers:**

- Cornerstone Pediatrics (817) 596-3531  
Cornerstone Pediatrics after hours (817) 596-3531 dial zero for an operator
- Medical City of Weatherford's Emergency Department (682) 582-1000
- Cook Children's Emergency Department (682) 885-4093
- Integra Urgent Care (817) 596-4313
- Tri Cities Urgent Care (817) 984-7120
- Oakridge Urgent Care (817) 599-5518
- Smoking Cessation (877) 937-7848
- Poison Control (800) 222-1222

**Next Visit:**

- 24 Month Well Child Check
- Schedule your appointment 3-6 weeks in advance.
- Arrive 15 minutes before your appointment to update chart.
- Remember to bring your shot record with you for the exam. The immunizations your child will receive at the 24 month visit will include:
  - Hepatitis A #2

**Suggested Reading for Parents:**

- Your Baby and Child: From Birth to Age Five, Penelope Leach.
- Child of Mine: Feeding With Love and Good Sense, Ellyn Satter.
- Oneness and Separateness: From Infant to Individual, Louise Kaplan, PhD.
- Baby Proofing Basics, Vicki Lansky.
- The Sleep Book for Tired Parents, Rebecca Huntley.
- Caring for Your Baby and Young Child: Birth to Age Five, American Academy of Pediatrics, Stephen Shelov, M.D.

**If you have any concerns about your baby's health, please call. This handout is meant to be a guideline, not a substitute for the care of a competent health care provider. Please do not give medicines without talking to your doctor first. We are happy to help you in any way we can. Immunization Schedule is subject to change based on the recommendations of the Committee on Infectious Diseases.**