



18 Month Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

(215) 525-8600

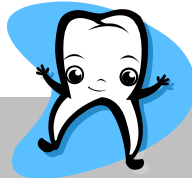
pediatrics@fight.org



What will happen today:

- ◆ You and your medical provider will talk about parenting, your home, your child's health and safety, and keeping your child happy and healthy
- ◆ Your child may receive shots and blood work
- ◆ Talk about what your child is doing now that they weren't doing before
- ◆ Talk about what their favorite things are and who they play with
- ◆ Talk about how your child is behaving and how you deal with temper tantrums

Dental Care



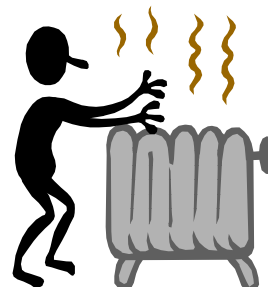
- ◆ Has your child seen the dentist yet?
Brush your child's teeth twice a day with a soft toothbrush
- ◆ Fluoride helps make your child's teeth strong and is found in tap water (not in bottled water)
- ◆ Limit juice and foods with sugar. These can cause cavities
- ◆ NO bottles or sippy cups in bed. Formula, milk, or juice overnight can cause cavities. Give your child water instead
- ◆ Do not share toothbrushes! This can spread mouth bacteria
- ◆ Your child will need help brushing their teeth until they are 6 years old
- ◆ Be a good role model and don't forget to brush and floss your teeth everyday!



Burn Prevention



- ◆ Make sure you have working smoke and carbon monoxide detectors in your home. You can get free ones from your local fire station
- ◆ Do not leave hot liquids (like soup or coffee) on tables that your child might pull down onto themselves
- ◆ Turn pan handles toward the back of the stove
- ◆ Keep your child away from hot things like stoves, fireplaces, space heaters, irons, and curling irons



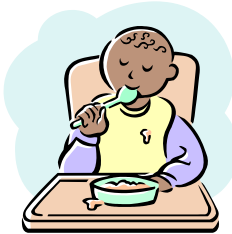
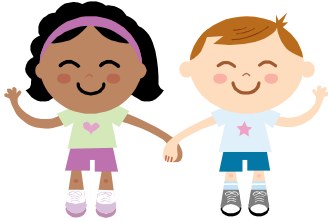










Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 18 Month Olds

<p>Mealtime</p>	 <p>Eat meals together. Turn the TV off during meals</p>	 <p>Let your child try different things from all food groups</p>	 <p>Kids might not like a food the first time they try it. Keep offering the food several times</p>
<p>Behavior</p>	 <p>Praise your child when they do good things by smiling or clapping. Kids like this!</p>	 <p>Discipline should be short and nonviolent. NO HITTING!</p>	 <p>Set rules that your child understands. Keep rules the same among all caretakers</p>
<p>Language Skills</p>	 <p>Read to your child everyday. Talk about pictures in the book</p>	 <p>Talk about what you see and do wherever you are. Sing to your child</p>	 <p>Ask your child simple questions. Be patient and listen to them</p>
<p>Safety</p>	 <p>Only use car seats in the back seat. The directions will tell you when to turn the car seat around</p>	 <p>Use stair gates to keep your child from walking on the stairs alone</p>	 <p>Keep cleaners, poisons, and medicines with safety caps, in high places and locked up</p>

At the next visit:

- Your child will have a physical exam
- They may receive shots

