



# PEARLAND PEDIATRICS

& SPORTS MEDICINE

## FOR YOUR 18 MONTH OLD

### DIET

Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with fingers and a spoon.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

Your toddler should drink no more than 16-24 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.

It is time to wean from the bottle. Put the milk in a "sippy cup" instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most toddlers do not need vitamins, but they do need 400 IU/day of Vitamin D in their diet, or as a supplement.

Your job as a parent is to choose the best foods for your toddler. Offer 3 regular meals and healthy snacks. Make feeding time happy. It is your toddler's job to decide how much to eat or even to eat at all.

Your child may start to get picky with certain foods. Continue to offer your toddler healthy foods and avoid giving less healthy options when they refuse to eat. Your toddler will eat the healthy foods when he/she is more hungry.

### DEVELOPMENT(18 MONTHS)

Walks alone and may walk up steps and run, pulls toys while walking, dresses with help.

Says several single words, says and shakes head "No", points to show something he wants or to

show something interesting, understands simple commands.

Uses spoon/fork, uses cup, scribbles, stacks blocks.

Likes to play with other children, plays pretend games, talks on the phone. May be afraid of strangers.

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### AVERAGE DIET FOR TODDLERS:

Cereal- Iron-fortified cereal (rice, mixed barley, or oatmeal); cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits – Fresh, stewed, or baked; small pieces of fruit according to chewing ability.

Vegetables – Fresh, steamed, boiled, canned or frozen. Refrain from raw vegetables. Offer vegetable soup.

Meats/Poultry – Boiled, roasted, broiled tender meats/poultry. Meats served in soups. Use strained baby meats as a sandwich spread. Avoid fried foods.

Dairy – Soft, mild cheese (cottage, cream, American, cheddar), pudding or yogurt.

Eggs-Scrambled, hard-boiled, egg salad or omelet.

Fish – Fish fillets, salmon, tuna, fish sticks- Watch for bones and hard breading!

Starch – Potato (broiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

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## YOUR 18 MONTH OLD

### SLEEP

A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your child to sleep more or less than average. Typical bedtime for a toddler is 7-8pm.

Most toddlers take 1 nap at this age.

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### SAFETY

Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler's environment.

Car seats should remain rear facing until beyond 2 years of age, or as long as the car seat will allow.

Lock cabinets and keep cleaners, medication, plastic bags, and small objects away from your toddler.

In case of accidental ingestion or poisoning, or for free poison prevention, call Poison Control at (800) 222-1222.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride in either a trailer or toddler seat.

Use PABA-free sunscreen with SPF>50. Reapply frequently.

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### OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush to clean your toddler's teeth twice daily. You should use a small amount (like a grain of rice) of fluoridated toothpaste on the brush.

Read to your child daily!

Limit screen time.

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### DISCIPLINE/TEMPER TANTRUMS

Be consistent. Praise good behavior. Avoid too many rules. Say "No", and then physically remove your child from a dangerous situation. Do not yell or spank. Be a good role model.

All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry.

Ignore attention-seeking tantrums – do not try to reason with your toddler. Use distraction to get their mind off what they may be upset about.

Securely hold your toddler until he relaxes if there is danger of injury.

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### SUGGESTED READING

*"What to Expect the Toddler Years"*

*"Caring for Your Toddler and Young Child"*

*"Caring for your Baby and Young Child; Birth to 5 Years"*

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### WEBSITES

[www.pearlandpediatrics.com](http://www.pearlandpediatrics.com)

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

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

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

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

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### ACETAMINOPHEN DOSAGE(160mg/5mL)

(Every 4-6 hours)

6-11lbs = 1.25mL

12-17lbs = 2.5mL

18-23lbs = 3.75mL

24-35lbs = 5mL

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### INFANT IBUPROFEN DOSAGE

(Every 6-8 hours)

12-17lbs = 1.25mL

18-23lbs = 1.875mL

24-35lbs = 2.5mL of infant ibuprofen or 5mL

Children's Ibuprofen (100mg/5mL)

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YOUR NEXT APPOINTMENT IS AT 2 YEARS  
at the two year check-up...

- Your toddler will have a physical examination.
- Your questions and concerns will be answered.
- You will be given a developmental questionnaire and autism screening tool to complete in our office.