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18 MONTH EXAM

WEIGHT: _____LBS._____%
LENGTH: _____IN._____%
HEAD CIRCUMFERENCE: _____IN._____%

NUTRITION:

Some toddlers are picky eaters. If they ***eat 3-4 balanced meals over the course of a week***, they will get the nutrients their body needs. Offer a variety of foods to choose from, not just the ones you know they like.

DEVELOPMENT:

Your child is probably using 4-10 words, feeding himself. Your child may have started throwing a ball, kicking a ball, stacking 3-4 blocks. The largest increase in language is between 18 months and 2 years of age. Continue to read simple stories. Develop a nightly routine (reading, brushing teeth) before bed.

Some children show interest in toilet training between 18 and 24 months, but most children are not ready until 2-3 years old. You may want to set a potty chair out to get your child use to the idea. Gently praise your child for any interest in toilet training.

SAFETY:

1. Watch children playing near street and driveway. They don't reason.
2. NEVER leave child unattended in house or car.
3. Continue to use a car seat at all times, rear-facing until age 2 years.
4. Double check that all sharp objects, cleaners, medicines, detergents are locked up out of reach.

IMMUNIZATION:

Hepatitis A #2

NEXT VISIT:

See you at 2 years of age.