



Longwood
PEDIATRICS, LLP

EIGHTEEN MONTHS

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Immunizations: (note: your child's doctor may modify the immunization schedule at times)

1. Hepatitis A—protects against infection with hepatitis A virus

Feeding:

Now that your child is no longer receiving iron through breast milk or formula, we recommend a daily multivitamin with iron, for example Poly-Vi-Sol with iron or half of a crushed chewable multivitamin with iron.

Office Hours and Telephone Coverage: We are available 24 hours a day, 365 days a year!

- Monday-Friday: 8:30am-5:30 pm (later as needed to accommodate urgent visits)
- Saturdays and Holidays: 9am-12pm (later as needed to accommodate urgent visits) – Urgent visits only
- Sundays: Mornings (office times vary); Call starting at 8am – Urgent visits only
- After regular business hours: After hour calls are answered by well-trained pediatric nurses who follow protocols approved by Longwood Pediatrics. Please restrict calls to urgent medical issues only.

Please ALWAYS call us before going to any emergency room.

Appointment Scheduling:

- Well Visit/Checkups: Our schedules are open one year in advance for routine well visit appointments. **Schedule your next well visit today!**
- Sick Visits: It is best to call the office early in the day to schedule an appointment. You can make an appointment by pressing option 2 for the receptionist. If you are not sure that your child needs to be seen, you may leave a message for our nursing staff and a nurse will call you back within an hour.

Communication:

Did you know that you can contact Longwood Pediatrics by email to request non-urgent appointments, medication refills, immunization records, and communicate with your child's provider? Sign up at the front desk today!

Like us on Facebook  Follow us on Twitter 

Next Visit:

Your child's next routine visit will be at two years of age. She will have a finger prick blood test to test for anemia and lead poisoning.

Parent packet; updated 5/19/16

Eighteen Month Packet

M-CHAT-RTM (*Modified Checklist for Autism in Toddlers Revised*)

Child's name _____

Date _____

Age _____

Relationship to child _____

Please answer these questions about your child. Keep in mind how your child usually behaves. If you have seen your child do the behavior a few times, but he or she does not usually do it, then please answer **no**. Please circle **yes** or **no** for every question. Thank you very much.

1. If you point at something across the room, does your child look at it? (FOR EXAMPLE , if you point at a toy or an animal, does your child look at the toy or animal?)	Yes	No
2. Have you ever wondered if your child might be deaf?	Yes	No
3. Does your child play pretend or make-believe? (FOR EXAMPLE , pretend to drink from an empty cup, pretend to talk on a phone, or pretend to feed a doll or stuffed animal?)	Yes	No
4. Does your child like climbing on things? (FOR EXAMPLE , furniture, playground equipment, or stairs)	Yes	No
5. Does your child make unusual finger movements near his or her eyes? (FOR EXAMPLE , does your child wiggle his or her fingers close to his or her eyes?)	Yes	No
6. Does your child point with one finger to ask for something or to get help? (FOR EXAMPLE , pointing to a snack or toy that is out of reach)	Yes	No
7. Does your child point with one finger to show you something interesting? (FOR EXAMPLE , pointing to an airplane in the sky or a big truck in the road)	Yes	No
8. Is your child interested in other children? (FOR EXAMPLE , does your child watch other children, smile at them, or go to them?)	Yes	No
9. Does your child show you things by bringing them to you or holding them up for you to see – not to get help, but just to share? (FOR EXAMPLE , showing you a flower, a stuffed animal, or a toy truck)	Yes	No
10. Does your child respond when you call his or her name? (FOR EXAMPLE , does he or she look up, talk or babble, or stop what he or she is doing when you call his or her name?)	Yes	No
11. When you smile at your child, does he or she smile back at you?	Yes	No
12. Does your child get upset by everyday noises? (FOR EXAMPLE , does your child scream or cry to noise such as a vacuum cleaner or loud music?)	Yes	No
13. Does your child walk?	Yes	No
14. Does your child look you in the eye when you are talking to him or her, playing with him or her, or dressing him or her?	Yes	No
15. Does your child try to copy what you do? (FOR EXAMPLE , wave bye-bye, clap, or make a funny noise when you do)	Yes	No
16. If you turn your head to look at something, does your child look around to see what you are looking at?	Yes	No
17. Does your child try to get you to watch him or her? (FOR EXAMPLE , does your child look at you for praise, or say “look” or “watch me”?)	Yes	No
18. Does your child understand when you tell him or her to do something? (FOR EXAMPLE , if you don't point, can your child understand “put the book on the chair” or “bring me the blanket”?)	Yes	No
19. If something new happens, does your child look at your face to see how you feel about it? (FOR EXAMPLE , if he or she hears a strange or funny noise, or sees a new toy, will he or she look at your face?)	Yes	No
20. Does your child like movement activities? (FOR EXAMPLE , being swung or bounced on your knee)	Yes	No



Bright Futures Parent Handout 18 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

LANGUAGE PROMOTION/HEARING

Talking and Hearing

- Read and sing to your child often.
- Talk about and describe pictures in books.
- Use simple words with your child.
- Tell your child the words for her feelings.
- Ask your child simple questions, confirm her answers, and explain simply.
- Use simple, clear words to tell your child what you want her to do.

Your Child and Family

- Create time for your family to be together.
- Keep outings with a toddler brief—1 hour or less.
- Do not expect a toddler to share.
- Give older children a safe place for toys they do not want to share.
- Teach your child not to hit, bite, or hurt other people or pets.
- Your child may go from trying to be independent to clinging; this is normal.
- Consider enrolling in a parent-toddler playgroup.
- Ask us for help in finding programs to help your family.
- Prepare for your new baby by reading books about being a big brother or sister.
- Spend time with each child.
- Make sure you are also taking care of yourself.
- Tell your child when he is doing a good job.
- Give your toddler many chances to try a new food. Allow mouthing and touching to learn about them.
- Tell us if you need help with getting enough food for your family.

FAMILY SUPPORT

SAFETY

Safety

- Use a car safety seat in the back seat of all vehicles.

SAFETY

- Have your child's car safety seat rear-facing until your baby is 2 years of age *or* until she reaches the highest weight or height allowed by the car safety seat's manufacturer.
- Everyone should always wear a seat belt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher.
- Move furniture away from windows.
- Watch your child closely when she is on the stairs.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Prevent burns by keeping hot liquids, matches, lighters, and the stove away from your child.
- Have a working smoke detector on every floor.

Toilet Training

- Signs of being ready for toilet training include
 - Dry for 2 hours
 - Knows if he is wet or dry
 - Can pull pants down and up
 - Wants to learn
 - Can tell you if he is going to have a bowel movement
- Read books about toilet training with your child.

TOILET-TRAINING READINESS

TOILET-TRAINING READINESS

- Have the parent of the same sex as your child or an older brother or sister take your child to the bathroom.
- Praise sitting on the potty or toilet even with clothes on.
- Take your child to choose underwear when he feels ready to do so.

CHILD DEVELOPMENT AND BEHAVIOR

Your Child's Behavior

- Set limits that are important to you and ask others to use them with your toddler.
- Be consistent with your toddler.
- Praise your child for behaving well.
- Play with your child each day by doing things she likes.
- Keep time-outs brief. Tell your child in simple words what she did wrong.
- Tell your child what to do in a nice way.
- Change your child's focus to another toy or activity if she becomes upset.
- Parenting class can help you understand your child's behavior and teach you what to do.
- Expect your child to cling to you in new situations.

What to Expect at Your Child's 2 Year Visit

We will talk about

- Your talking child
- Your child and TV
- Car and outside safety
- Toilet training
- How your child behaves

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org



American Academy of Pediatrics



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Consejos de Bright Futures para los padres Visita de los 18 meses

Estas son algunas sugerencias de los expertos de Bright Futures que pueden ser de utilidad para su familia.

FOMENTO DEL LENGUAJE/AUDICIÓN

Lenguaje y audición

- Léale y cántele a su niño(a) a menudo.
- Comente y describa las ilustraciones de los libros.
- Use palabras sencillas al hablarle.
- Enséñele palabras que expresen sus sentimientos.
- Hágale preguntas sencillas, confirme sus respuestas y déle explicaciones sencillas.
- Use palabras sencillas y claras para decirle qué quiere que haga.

APOYO FAMILIAR

Su niño(a) y la familia

- Cree momentos para estar en familia.
- Mantenga breves las salidas con el niño: una hora o menos.
- No pretenda que un niño de esta edad comparta sus cosas.
- Designe un lugar seguro para que los niños mayores guarden los juguetes que no quieren compartir.
- Enséñele al niño a no pegar, morder o lastimar a las personas o a las mascotas.
- Es normal que su niño trate de ser independiente y al poco rato se aferre a usted.
- Piense en vincularse a un grupo de juegos para padres y niños pequeños.
- Consúltenos para hallar programas que ayuden a su familia.
- Prepare al niño para un nuevo niño leyéndole libros sobre cómo ser un buen hermano o hermana mayor.
- Dedique tiempo a cada niño.
- Trate también de reservar tiempo para usted.
- Elogie al niño cuando esté haciendo algo bien.
- Déle varias oportunidades de probar un nuevo alimento. Permitale que lo toque con la boca o la lengua para saber cómo es el alimento.
- Avisenos si necesita ayuda para obtener suficiente comida para su familia.

SEGURIDAD

Seguridad

- Use un asiento de seguridad para el auto en el asiento trasero de todos los vehículos.
- Mantenga el asiento de seguridad para el auto orientado hacia atrás hasta que su niño cumpla dos años de edad o hasta que alcance el máximo peso o estatura permitido por el fabricante del asiento.
- Todos los que van en un auto deben usar el cinturón de seguridad.
- Guarde bajo llave los productos tóxicos, medicinas, detergentes y productos para el césped.
- Llame a Poison Help (1-800-222-1222) si cree que el niño se ha comido algo nocivo.
- Instale rejas en los extremos de las escaleras y seguros en las ventanas del segundo piso en adelante.
- Aleje los muebles de las ventanas.
- Observe a su niño de cerca cuando esté en las escaleras.
- Cuando saque el auto en reversa del garaje, pida a otro adulto que sostenga al niño a una distancia prudente para evitar atropellarlo.
- No tenga armas en su casa. Si debe tener un arma, guárdela bajo llave sin las municiones y guarde las municiones en otro lugar bajo llave.
- Para evitar quemaduras, mantenga al niño alejado de líquidos calientes, fósforos, encendedores y la estufa.
- Tenga en cada piso un detector de humo que funcione.

DISPOSICIÓN PARA IR AL BAÑO

Entrenamiento para ir al baño

- Los signos de que un niño está listo para aprender a ir al baño son:
 - Permanece seco por dos horas
 - Sabe si está mojado o seco
 - Puede bajarse y subirse los pantalones
 - Quiere aprender
 - Le puede avisar que va a tener una deposición

DISPOSICIÓN PARA IR AL BAÑO

- Lea con su niño libros sobre el entrenamiento para ir al baño.
- Pídale al padre del mismo sexo del niño o a un hermano o hermana mayor que lleve al niño al baño.
- Elogie al niño cuando se siente en la bacinilla o el inodoro incluso con la ropa puesta.
- Llévelo a escoger su ropa interior cuando el pequeño esté listo.

DESARROLLO Y CONDUCTA INFANTIL

La conducta de su niño(a)

- Establezca límites que sean importantes para usted y pida a los demás que los usen con su niño.
- Sea consistente con el niño.
- Elógielo cuando se porte bien.
- Juegue todos los días con su niño a cosas que le gusten.
- Imponga pausas obligadas cortas. Explíquelo en palabras sencillas qué hizo mal.
- Dígale que hacer de manera amable.
- Dirija la atención del niño hacia otro juguete o actividad si se pone inquieto.
- Las clases de orientación para padres pueden ayudarle a entender la conducta de su hijo y enseñarle qué hacer.
- Es muy probable que su niño se aferre a usted en situaciones nuevas.

Qué esperar en la visita de los 2 años

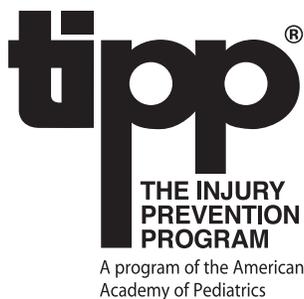
Hablaremos de:

- El lenguaje del niño
- Su niño y la televisión
- Seguridad en el auto y fuera de casa
- Entrenamiento para ir al baño
- Comportamiento del niño

Poison Help (Intoxicaciones): 1-800-222-1222

Inspección de asiento de seguridad para el auto: 1-866-SEATCHECK; seatcheck.org

1 to 2 Years



1 TO 2 YEARS

Safety for Your Child

Did you know that injuries are the leading cause of death of children younger than 4 years in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. At this age your child can *walk, run, climb, jump*, and *explore* everything. Because of all the new things he or she can do, this stage is a very dangerous time in your child's life. It is your responsibility to protect your child from injury. Your child cannot understand danger or remember "no" while exploring.

Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. **Handguns are especially dangerous.** If you choose to keep a gun, keep it unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.

Poisonings

Children continue to explore their world by putting everything in their mouths, even if it doesn't taste good. Your child can *open doors and drawers, take things apart*, and *open bottles* easily now, so you must use safety caps on all medicines and toxic household products. **Keep the safety caps on** at all times or find safer substitutes to use. Contact Poison Help for more information.

Your child is now able to get into and on top of everything. Be sure to keep all household products and medicines completely out of sight and reach. Never store lye drain cleaners in your home. Keep all products in their original containers.

If your child does put something poisonous into his or her mouth, call Poison Help immediately. Attach the Poison Help line (1-800-222-1222) to your phone. Do not make your child vomit.

Falls

To prevent serious falls, lock the doors to any dangerous areas. **Use gates on stairways** and **install operable window guards** above the first floor. **Remove sharp-edged furniture** from the room your child plays and sleeps in. At this age your child will walk well and start to climb, jump, and run as well. A chair left next to a kitchen counter, table, or window allows your child to climb to dangerously high places. Remember, your child does not understand what is dangerous.

If your child has a serious fall or does not act normally after a fall, call your doctor.



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(over)

Burns

The kitchen is a dangerous place for your child during meal preparation. Hot liquids, grease, and hot foods spilled on your child will cause serious burns. A **safer place for your child** while you are cooking, eating, or unable to give him your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair**. It's best to keep your child out of the kitchen while cooking.

Children who are learning to walk will grab anything to steady themselves, including hot oven doors, wall heaters, or outdoor grills. Keep your child out of rooms where there are hot objects that may be touched or put a barrier around them.

Your child will *reach* for your hot food or cup of coffee, so don't leave it within your child's reach.

NEVER carry your child and hot liquids at the same time. You can't handle both.

If your child does get burned, immediately put cold water on the burned area. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

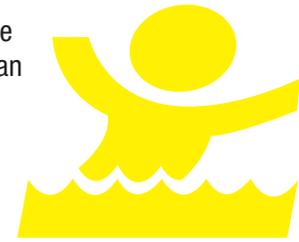
Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.



Drowning

At this age your child loves to play in water. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Empty all buckets after each use. Keep the bathroom doors closed. Your child can drown in less than 2 inches of water. Knowing how to swim does NOT mean your child is safe near or in water. Stay within an arm's length of your child around water.

If you have a swimming pool, fence it on all 4 sides with a fence at least 4 feet high, and be sure the gates are self-latching. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house. You cannot watch your child every minute while he or she is in the house. It only takes a moment for your child to get out of your house and fall into your pool.



And Remember Car Safety

Car crashes are a great danger to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. **To prevent these injuries USE a car safety seat EVERY TIME** your child rides in the car. All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer. Be sure that the safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the instructions for using car safety seats in the owners' manual of your car. **The safest place for all infants and children to ride is in the back seat.**

Do not leave your child alone in or around the car. Keep vehicles and their trunks locked. Children who are left in a car can die of heat stroke because temperatures can reach deadly levels in minutes. They can be strangled by power windows or knock the vehicle into gear.

Always **walk behind your car** to be sure your child is not there before you back out of your driveway. You may not see your child behind your car in the rearview mirror.

Remember, the biggest threat to your child's life and health is an injury.



From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

Fluoride Varnish Can Help Prevent Tooth Decay

Healthy gums and teeth are important to your child's overall health. This is why your child's doctor will talk with you about good dental habits even before your child's first tooth appears.

Once your child has a tooth, your doctor may recommend that your child receive fluoride varnish treatments in the pediatrician's office to help prevent tooth decay. This can be done 2 to 4 times per year. The number of treatments depends on how likely it is that your child may get a cavity.

Pediatricians are trained to apply fluoride varnish because many young children do not see or have access to a dentist until they are older. If your child is seeing a dentist at a young age, as recommended by the American Academy of Pediatrics, fluoride varnish may be applied in a dental office instead.

Read on for more information from the American Academy of Pediatrics about fluoride varnish.

What is fluoride varnish?

Fluoride varnish is a dental treatment that can help prevent tooth decay, slow it down, or stop it from getting worse. Fluoride varnish is made with fluoride, a mineral that can strengthen tooth enamel (outer coating on teeth).

Keep in mind that fluoride varnish treatments cannot completely prevent cavities. Fluoride varnish treatments can best help prevent decay when a child is also brushing using the right amount of toothpaste with fluoride, flossing regularly, getting regular dental care, and eating a healthy diet.

Is fluoride varnish safe?

Fluoride varnish is safe and used by dentists and doctors all over the world to help prevent tooth decay in children. Only a small amount is used, and hardly any fluoride is swallowed. It is quickly applied and hardens. Then it is brushed off after 4 to 12 hours.

How is fluoride varnish put on the teeth?

Fluoride varnish is painted on the top and sides of each tooth with a small brush. It is sticky but hardens once it comes in contact with saliva. Your child may feel the hardened varnish with his tongue but will not be able to lick the varnish off.

It does not hurt when the varnish is applied. However, young children may still cry before or during the procedure. Fortunately, brushing on the varnish takes only a few minutes. Also, applying the varnish may be easier when a child is crying because his mouth will be slightly open.

Based on recommendations from the American Academy of Pediatrics.
Updated for Longwood Pediatrics
03/12/2018

You may be asked to hold your child in your lap while you are placed knee-to-knee with the person applying the varnish.

How do I care for my child's teeth after fluoride varnish is applied?

Here are general guidelines on how to care for your child's teeth after fluoride varnish is applied. Check with your child's doctor for any other special instructions.

- Your child can eat and drink right after the fluoride varnish is applied. But only give your child soft foods and cold or warm (not hot) foods or liquids.
- Do not brush or floss teeth for at least 4 to 6 hours. Your child's doctor may tell you to wait until the next morning to brush or floss. Remind your child to spit when rinsing, if he knows how to spit.

Remember

Steps to good dental health include

- Regular care by a dentist trained to treat young children
- Getting enough fluoride
- Regular brushing and flossing
- Eating right

The American Academy of Pediatrics recommends that all infants receive oral health risk assessments by 6 months of age. Infants at higher risk of early dental caries should be referred to a dentist as early as 6 months of age and no later than 6 months after the first tooth erupts or 12 months of age (whichever comes first) to establish their dental home. Every child should have a dental home established by 12 months of age.

Developed in collaboration with the American Academy of Pediatrics Section on Oral Health.

Sources: Fluoride varnish—frequently asked questions [fact sheet]. Albany, NY: New York State Department of Health. http://www.health.ny.gov/prevention/dental/fluoride_varnish_faq.htm. Accessed November 26, 2014; A guide to children's dental health [patient brochure]. Elk Grove Village, IL: American Academy of Pediatrics; 2014; What is fluoride varnish? [fact sheet]. Chicago, IL: American Academy of Pediatrics Illinois Chapter; 2009. <http://illinoisap.org/2009/02/fluoride-varnish>. Accessed November 26, 2014.

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From your doctor or your Nurse Practitioner

After fluoride treatment, wait until tomorrow morning to brush your child's teeth. Otherwise, teeth should be brushed with a rice size amount of fluoride toothpaste twice daily.

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The American Academy of Pediatrics (AAP) is an organization of 62,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of all infants, children, adolescents, and young adults.

American Academy of Pediatrics
Web site—www.HealthyChildren.org

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