



18 Month

CHECK UP

HT ____ WT ____ HEAD ____

NEW WINDSOR PEDIATRICS, PLLC

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OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.
Sat. 8:00 a.m. – 3:00 p.m. Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

COMMON CONCERNS

1. “NO” is a very common word used by toddlers. Your sweet baby is becoming more willful and independent. Temper tantrums, hitting and biting are signs of frustration and will slowly decrease as your toddler’s communication skills improve.
2. Be CONSISTENT with the rules.
3. Offer simple CHOICES.
4. MOST toddlers are not interested in toilet training at this age.

NUTRITION

Toddlers are known to be picky eaters. Here are a few suggestions:

1. No bottles: many calories come from excessive milk and juice, do not allow child to walk around with a drink.
2. No fighting over food: forcing a child to eat never works. In fact, it can kill anyone’s appetite; instead offer small nutritious portions and if needed, a vitamin.
3. Go for nutritious snacks and limit the junk food that is bought.

TODAY’S IMMUNIZATIONS

Hepatitis A vaccine #1

NEXT VISIT:

Please return for next check up when baby is 2 YEARS OLD. Scheduled vaccine is Hepatitis A #2 along with Hemoglobin and Lead screening.

SAFETY

1. Always put baby in car seat while driving. Toddlers still need car seats with back and 5 point harnesses.
2. Do not trust toddlers near the street or parking lot.
3. Be safe in the sun. Use sun block and cover toddlers up with lightweight clothing.