



Pediatric Partners, L.L.C.

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THE EIGHTEEN MONTH CHECK-UP

Return in Three Months

Your toddler is now walking, climbing, and perhaps, starting to walk up steps by holding onto the railing. She is able to kick and throw a ball. An ability to understand and follow directions is being seen. Similarly, she knows several body parts, says at least 10 words, and may even identify some pictures in a book. While this is an exciting time, it may also be a frustrating period of development for some parents as feeding, dressing, changing diapers, and sleeping routines can become stressful times as the toddler becomes more energetic. If the toddler is unable to accomplish what she sets out to do, frustration and tears may result. For example, the vegetables that she used to love to eat are now refused and thrown to the floor. Messy diapers may be removed, and she may try to clean herself up. Your child still depends on you, as seen in the separation anxiety she exhibits as you leave. All of these behaviors are normal for this age, so patience and understanding are needed to give your child loving reassurance and guidance.

SAFETY IN THE HOME

Recheck your home periodically to keep it safe. Now that your child has become a skilled climber and is probably able to climb stairs, your baby-proofed house may not be toddler-proofed. Your toddler is smart enough to push a chair over to the counter to explore the contents of a cabinet such as medicines, laundry products, cleaning supplies, paints, and lawn/garden products, which may be fatally toxic. Keep these in a high locked cabinet.

- Check expiration dates on medications and discard those that are outdated.
- Prevent falls by putting safety gates at the top and bottom of stairs.
- Plug electric outlets with plastic caps and keep appliances with dangling electrical cords out of the reach of a toddler. Curling iron burns are commonly seen in this age group.

Check-up Snapshot

WT _____ %
 HT _____ %
 H.C. _____ %

Immunizations

DTaP _____ HepB _____
 Hib _____ MMR _____
 Varivax _____ Polio _____
 Plevnar _____ Rotovirus _____
 HepA _____ Date _____

- Remove access to all dangerous household items, especially those that adults use that a toddler may try to imitate to avoid cuts from knives and sharp tools; burns from hot coffee, burners on the stove, and fires from lighters. It is essential to keep firearms and ammunition stored separately and locked.

Keep emergency numbers near all phones. The phone Number for the Poison Control Center is 1-800-955-9119.

When outdoors, your child requires constant supervision. Pay special attention to steps, driveways, and streets. Similarly, the garage is another area that demands supervision with the likelihood of dangerous materials being stored in it: gasoline and petroleum products, pesticides, weed-killers, fertilizers, and sharp tools.

Never leave your child unattended near a portable wading pool. If you have a swimming pool, it should be entirely fenced in with a self-locking gate.

If you have an electric garage door opener, check to be sure that it has a pressure sensitive device to raise the door back up should a child become trapped under the door. Children have been killed by electric garage doors closing on them. Electric garage doors made after 1993 are equipped with an eye across the floor as well as a pressure device to prevent this problem.

CAR SAFETY

Your toddler, now over 20 pounds, always should be restrained in a convertible car seat. Forward-facing seats are used after the 1st birthday and after the child weighs at least 20 pounds. These convertible seats can be used until the child is 40 pounds. The rear seat is the safest position for a child of any age to ride.