

Bloomfield Pediatric Care

www.bloomfieldpediatriccare.com

43205 Woodward Avenue Bloomfield Hills, MI 48302

18 Month Well Visit

Growth & Development Milestones

- ✓ Uses spoon/cup without spilling/starts using fork
- ✓ Enjoys imitating parents, shows independence
- ✓ Walks skillfully/pushing and pulling toys while walking
- ✓ Runs awkwardly and falls a lot
- ✓ Walks backward a short distance
- ✓ Understands that something can exist even when hidden, can picture objects and events mentally
- ✓ Speaks from 3 to 50 words/ names for everything
- ✓ Repeats familiar and unfamiliar sounds and gestures, starts pairing words
- ✓ Responds with "no" constantly, resists bedtime
- ✓ Strong attachment to toy or blanket
- ✓ Responds to simple requests

Personal Health & Wellness

- ✓ Offer wide variety of healthy foods and snacks
- ✓ Should be feeding themselves
- ✓ Bottle now gone, sippy or open rimmed cup used
- ✓ Encourage 2-3 servings of dairy daily for bone growth; time to switch from whole milk to 2%
- ✓ **Avoid** juices or limit to 4 ounces per day
- ✓ **No** junk foods or soda pop
- ✓ Support any interest in toilet training
- ✓ Brush twice a day with pea-sized amount of toothpaste and supervised
- ✓ Be consistent with discipline; divert and substitute; firm and have logic and demonstrate consequence
- ✓ Limit TV time. Read, play games, sing & be active!
- ✓ Interest in toilet training may begin, be supportive

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs
- ✓ Teach your child water safety and consider enrolling in swimming lessons.

Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important
- ✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime
- ✓ Children require a **tobacco free** environment
- ✓ Don't forget sunscreen!
- ✓ **Properly fitted, properly installed car seat!**
- ✓ **Reinforce stranger safety!**
- ✓ **Poison Control number available to all caregivers**

For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-18-months-old/>



Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



Office Hours:

Monday – Friday 9:00 am to 5:00 pm
Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888