

Things to Keep in Mind, continued:

- Guns in the home are a danger to your family; if a gun is kept at home, the gun and the bullets should be locked up in separate places.
- Praise your toddler for good behavior and things he does.
- Decide what limits are important; be specific when setting these limits and consistently enforce them.
- Toddlers will sometimes get on your nerves. They are just learning about the world and not doing this to you on purpose.
- A “time-out” period is often effective if your toddler’s behavior cannot or should not be ignored; one to two minutes is enough time for a 2 year old.
- When disciplining your toddler it is important that you speak in a firm, calm tone.
- Avoid using TV and videos.
- Avoid foods that may cause choking including hard candy, gum, large pieces of meat or hotdogs, nuts, popcorn, raisins and raw vegetables.



AT 18 MONTHS, YOUR TODDLER CAN:

- Say many words and put some together.
- Sing, jump and dance.
- Identify sizes and shapes.
- Put simple puzzles together (3 to 4 pieces).
- Help undress themselves and put on some clothing.



Community Care
OF NORTH CAROLINA



AT 18
MONTHS



TO CONTACT YOUR
MEDICAL HOME:

18 MONTH VISIT

Weight _____ Length _____

Today's Visit

- You will talk about your toddler's growth and development. Your provider will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Your toddler's behavior.
- Some of your toddler's favorite activities.
- Your toddler's progress with walking and talking.
- Household rules and discipline.
- Changes in your family since your last visit.
- Some things your child can do now that they couldn't do at the last visit.

Next Visit

How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Note changes in your toddler's eating, sleeping and social behaviors.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.

What to expect:

- Your toddler will have a physical examination and may receive additional immunizations.
- You will fill in a questionnaire about your toddler's development.

Things to Keep in Mind:

- Allow your toddler to eat with their hands, utensils, and to drink from a cup. If you haven't already, you must wean your child from the bottle.
- Read to your toddler every day.
- Talk with your toddler. Use simple words that talk about feelings to help your child learn about feelings.
- Continue to eat meals as a family giving your child 2-3 snacks a day; limit sweets and high fat snacks like sodas, koolaid, candy, chips, etc.
- Keep the poison control center phone number by the phone.
- Re-examine your home to be certain that it is childproofed. Ensure that electrical wires, outlets and appliances are inaccessible or protected.
- Keep cigarettes, lighters, matches, alcohol and electrical tools locked up and/or out of sight and reach.
- Continue to keep child's environment free of smoke.
- Never leave a toddler alone in the car or in the house. Do not expect young children to supervise a toddler in the house or the yard.