



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

mL = milliliter
tsp = teaspoon

Weight	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
6-11 lbs.	1.25 mL	—	—	—
12-17 lbs.	2.5 mL	—	—	—
18-23 lbs.	3.75 mL	—	—	—
24-35 lbs.	5 mL	5 mL (1 tsp)	—	—
36-47 lbs.	—	7.5 mL (1.5 tsp)	—	—
48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
12-17 lbs.	1.25 mL	—	—
18-23 lbs.	1.875 mL	—	—
24-35 lbs.	—	5 mL (1 tsp)	1 tablet
36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
48-59 lbs.	—	10 mL (2 tsp)	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

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18 MONTH CHECKUP

Date: _____

Weight: _____

Height: _____

Head Circumference: _____

Next Visit: **2 Years of Age**

Toilet Training

- Some children show interest at this age. Continue to talk about the potty but do not pressure your child.
- Remember most children are potty trained between 2 and 3 years of age.

Nutrition

- Your child will have a sporadic appetite and will skip some meals.
- Regular family mealtimes should be encouraged.
- Food likes and dislikes are changing at this age.
- Mealtime should be cheerful.
- Your baby will usually be feeding himself/herself at this age and may be using a spoon and fork.
- Vitamin or nutritional supplements are not necessary.

Sleep

- Remember to continue a regular schedule, and try your best not to

- take him/her out of the crib at night.
- Night terrors (acts as if awake, but is not and is hard to calm down) are common.

Discipline

- Your child should be allowed to make some choices. Be sure that all caretakers agree on the rules and everyone is consistent in dealing with problems.
- Explain to the child what is expected and follow this with reinforcement.
- Praise what the child does for himself/herself.

Behavior

- You should not expect your child to share toys with other children even though he/she will enjoy playing with them.
- Your child will be very curious at this age and will enjoy both active play and quiet play.
- He/she will be able to show a variety of emotions.
- Your child may have self-comforting behaviors, such as thumbsucking.
- Do not allow hitting, biting, or other aggressive behaviors. Try stating the rule simply and firmly ("No biting!") and redirecting your child.

Safety

- Continue to use a rear-facing car seat at all times.
- Never leave your child unattended in a car or alone in a house.

- Supervise play near the street or driveway; children do not understand danger or remember "NO."
- Guard against falls. Do not leave a chair where climbing to high places can occur.

- Continue to cover all electrical outlets and be careful with cords.
- Continue to use good water safety measures. Also set water heater to 120°F.
- Watch out for burns from curling irons, skillets, pots on the stove, heaters, and car exhaust.
- Continue to keep all medications, cleaning solutions, and chemicals out of reach.
- Remember that balloons and plastic bags are choking hazards.

Development

- Your child will be able to walk fast, run stiffly, walk up stairs with one hand held, kick, and throw a ball.
- Your child will be able to stack 2-3 blocks, place rings on a cone, imitate a crayon stroke on paper, look at pictures, and name some objects.
- He/she will have a 4 to 10 word vocabulary, can understand and follow simple directions, and can point to some body parts.

Immunizations

- Please see attached sheets for vaccines given today.

BRUSH UP ON HEALTHY TEETH

Your child will continue to have more teeth erupt, including molars. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Continue to brush your child's teeth twice a day with a "smear" of children's fluoride toothpaste. It is okay for your child to swallow a small amount of toothpaste. Fluoride is **very** important for healthy teeth.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes juice, soft drinks, and sweet tea. Water can be given between meals. **Never put your child to bed with a bottle, cup, or food.**

Dental Visits

Although recent recommendations have suggested the first dental visit be scheduled by the first birthday, realistically our local dentists start seeing children for routine dental exams at age 3.

Post-Fluoride Instructions

Your child may have fluoride applied to the teeth today at the well-child checkup. It is okay for him/her to eat and drink afterward, but please restrict crunchy foods and sugary drinks for four hours.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

18 Month Checkup Healthy Guidelines

Meals

- Offer 3 meals a day with 2 healthy snacks.
- It is common at this age to skip meals - offer healthy foods they will eat when they are hungry.
- Do not make meal times a battle
- Keep trying to introduce different foods.
 - It can take several times before a toddler accepts a new food.
- Be a role model by eating healthy yourself.

Choking Hazards

- Nuts
- Grapes
- Apple chunks, slices
- Sausages
- Popcorn
- Round candies
- Hard chunks of uncooked veggies
- Hot dogs

Safe Snacks

- Cheese
- Yogurt
- Graham crackers
- Pretzels
- Bagel, bread, toast
- Whole wheat crackers
- Fruit (watch for seeds and peels)
- Fruit smoothies
- Steamed veggies
- Unsweetened cereals
- Mashed/finely cut meats or fish

ACTIVITIES 18 MONTHS OLD

- Toddlers enjoy looking at old pictures of themselves. Tell simple stories about him/her as you look at the pictures. Talk about what was happening when the picture was taken.
- Cut a rectangular hole in the top of a shoebox. Let your toddler insert an old deck of playing cards or use envelopes. The box is easy storage for your toddler's "mail."
- Set up your own bowling game using plastic tumblers, tennis ball cans, or empty plastic bottles for bowling pins. Show your toddler how to roll the ball to knock down the pins. Then let your toddler try.
- Many everyday items (socks, spoons, shoes, mittens) can help your toddler learn about matching. Hold up an object and ask if he/she can find one like yours. Name the objects while playing the game.
- Hide a loudly ticking clock or a softly playing radio in a room and have your child find it. Take turns by letting him/her hide and you find.
- A good body parts song is "Head, Shoulders, Knees, and Toes." Get more detailed with body parts by naming teeth, eyebrows, fingernails, and so forth.
- Make your toddler an outdoor "paint" set by using a large wide paint brush and a bowl or bucket of water. Your toddler will have fun "painting" the side of the house, a fence, or the front porch.
- Turn objects upside down (books, cups, shoes) and see if your toddler notices they're wrong and turns them back the right way. Your toddler will begin to enjoy playing "silly" games.
- Give your toddler some of your old clothes (hats, shirts, scarves, purses, necklaces, sunglasses) to use for dress-up. Make sure your toddler sees himself/herself in the mirror. Ask him/her to tell you who is all dressed-up.
- Use plastic farm animals or stuffed animals to tell the Old MacDonald story. Use sound effects.
- Make grocery sack blocks by filling large paper grocery sacks about half-full with shredded or crumpled newspaper. Fold the top of the sack over and tape it shut. Your toddler will enjoy tearing and crumpling the paper and stuffing the sacks. The blocks are great for stacking and building. Avoid newsprint contact with mouth. Wash hands after this activity.
- "Dress up" clothes offer extra practice for putting on and taking off shirts, pants, shoes, and socks. Toddlers can fasten big buttons and zippers.
- Put small containers, spoons, measuring cups, funnels, a bucket, shovels, and a colander into a sandbox. Don't forget to include cars and trucks to drive on sand roads.
- Rhymes and songs with actions are popular at this age. "Itsy-Bitsy Spider," "I'm a Little Teapot," and "Where is Thumbkin?" are usual favorites. Make up your own using your toddler's name in the song.
- Make your own playdough by mixing 2 cups flour and $\frac{3}{4}$ cup salt. Add $\frac{1}{2}$ cup water and 2 Tablespoons of salad oil. Knead well until it's smooth; add food coloring and knead until color is fully blended. Toddlers will love squishing, squeezing, and pounding the dough.
- Playing beside or around other children the same age is fun but usually requires adult supervision. Trips to the park are good ways to begin practicing interacting with other children.
- Play the "show me" game when looking at books. Ask your toddler to find an object in a picture. Take turns. Let your toddler ask you to find an object in a picture. Let him/her turn the pages.
- Add a few ping-pong balls to your toddler's bath toys. Play a "pop up" game by showing your toddler how balls pop back up after holding them under the water and letting go.
- Clean, plastic containers with push or screw-on lids are great places to "hide" a favorite object or treat. Toddlers will practice pulling and twisting them to solve the "problem" of getting the object. Watch to see if your toddler asks you to help.
- Make a book by pasting different textures on each page. Materials such as sandpaper, feathers, cotton balls, nylon, silk, and buttons lend themselves to words such as rough, smooth, hard, and soft.