

Name _____ Date _____

Weight _____ (____%) Height _____ (____%) Head _____ (____%)

Acetaminophen (Tylenol) dose _____

Vaccines administered today: _____

Diet

- Whole milk should be given until 2 years of age, at which point you can transition to low fat milk.
- 3-4 servings a day of dairy are recommended, but do not exceed 16-20 ounces of milk per day. You may start to use open cups at the table.
- Keep your toddler on an “adult” meal schedule and offer a variety of food. Avoid fast food and junk food.
- New foods should be offered many times. Touching and mouthing new foods are all steps towards acceptance.
- Appetite varies according to growth, and feeding should not be forced or the cause of fighting.
- Avoid foods that your child may choke on.

Development

- Your toddler has really grown up!
- He or she can walk, run, walk up steps, and kick a ball. They might be able to remove clothing, imitate housework, and mimic adult behaviors/actions (be careful).
- Toddlers this age can usually say at least 6-20 words, understand commands, and point to what they want.
- Read, talk, and sing to your baby to encourage language development!

Sleep

- Toddlers need a consistent bedtime routine with 1-2 naps a day.

Toilet Training

- This usually starts at about 2 years of age.
- Your child needs to be able to identify the “feeling” of having to go and be able to withhold urine or stool output until he or she can reach the toilet.
- Encourage curiosity with books and discussion, but do not push toilet training before your child is ready, as resistance to training is common.

Continued on other side

Safety

- AAP recommends that you keep your baby in a rear facing car seat until they have reached the highest height or weight allowed by your seat. This will most likely be until age 2 or older.
- Keep a “smoke free” environment.
- Keep guns and ammunition locked away and separate.
- Turn pan handles to the back of the stove.
- Close supervision around vehicles in parking lots and driveways.
- Use sunscreen and bug spray “for kids,” along with protective clothing.
- Child proof your home, and keep plants out of reach.
- Use baby gates.
- Keep close supervision around streets, animals, and water (including toilets).
- Once your child crawls out (or attempts to) of the crib, transition to a toddler bed.
- Poison Control: 1-800-222-1222

Parenting/Discipline

- From 18-24 months, if you decide to introduce screens, make sure you are choosing only high-quality programming (like PBS Kids).
- Brush your baby’s teeth twice a day with a soft brush and fluoride toothpaste in an amount about the size of a grain of rice.
- Children this age will often be clingy.
- Do not tolerate biting, hitting, or harmful behavior towards people or animals.
- For effective discipline, use simple language to explain what he/she did wrong. The goal is teaching, not punishing.
- Praise for good behavior is important.
- Ignore temper tantrums. Tantrums are a result of a child’s attempt to exert their independence and deal with authority.
- It is normal for your toddler to be curious about his or her genitals, and to touch them.
- If you are expecting a new baby, do not put any new developmental demands on your child.

At this visit

Typical screenings: MCHAT/Autism Screen

Typical immunizations: Hepatitis A; Influenza when in season

Other preventive health: Fluoride varnish applied every 6 months*

*Per provider discretion

Return at 2 years of age for your next well child visit!

For additional copies or guidelines for future visits, visit billingsclinic.com/wellchild