



SOCIETY HILL PEDIATRICS

Advocare Advice for Age 18 Months

Safety:

- Always use an approved car seat in the back seat of your car.
- Supervise your toddler constantly: children can get into trouble faster than you think!
- Avoid small and hard foods that may cause choking, such as peanuts, popcorn, nuts, or raw carrots.
- Avoid toys with small parts. A toy is too small if it can fit inside a toilet paper roll.
- Keep your home and car smoke-free; avoid exposing your toddler to smoking.
- Install smoke detectors and carbon monoxide detectors on every level of your home. Check smoke detectors twice a year.
- Keep all medicines and cleaning products out of reach. The Poison Control Center number is 1-800-222-1222; keep this number by your phone.

Feeding and Nutrition:

- Toddlers are picky eaters, often with limited food preferences. This is normal.
- Continue to offer a variety of food choices.
- Sit down for family meals.
- Don't let your toddler walk around while eating and drinking, as this is a choking hazard.
- Avoid junk foods. Never give a toddler soda!
- We encourage your toddler to drink only whole milk or water.
- Use a "sippy" or regular cup; no bottles.
- Brush your toddler's teeth daily. If you use fluoride free toothpaste, put only a pea-sized amount on the toothbrush.

Development:

- Your toddler continues to grow and change. Language is emerging. Many toddlers will learn one or more new words each day. Children at this age will differ in speech development: some children are very verbal and starting simple sentences; others may say only five to ten words. This is normal.
- Most toddlers can point to a body part when asked. They love to learn the names of things and will often point to get your attention.
- Spend lots of "floor" time with your toddler. Get down on the floor, read, snuggle, dance, sing, and build with blocks. The simple games and toys are best. Avoid toys that have batteries and do things while your child watches passively.
- Temper tantrums are normal. Sometimes they occur because your child is frustrated and can't tell you why. Other times they occur because children are tired or hungry, or because your toddler is just being a toddler! Ignore them. Don't give in when your child is having a fit. It will pass, and he/she will forget it sooner than you will.

- It is time to set limits. The appropriate use of “no” is very important. Toddlers need their parents to teach them good behavior. Reinforcing good behavior with kisses and hugs is an effective strategy. Ignoring bad behavior or removing your child from the situation can also be effective. Distraction is a powerful tool in preventing your toddler from getting into dangerous, tantrum-producing situations.
- Keep a nighttime ritual. Children thrive on routines, which help them feel secure.

Next visit: when your child is two years old.

Janet Crino, MD; Shea Cronley, MD; Cynthia Hill, MD; M. Bidi McSorley, MD;
Roshani Anandappa, MD; Randi Kamen, CRNP; Shobha Sharma, CRNP;
Jessica Stickley, RN, MSN; Beverly Viscusi, CRNP

Advocare Society Hill Pediatrics, 1233 Locust Street, Suite 400, Philadelphia, PA 19107
Phone (215) 545-8188/Fax (215) 545-8446