

AT EIGHTEEN MONTHS OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ **Following directions** – In talking with your child, begin to give directions such as, “Bring me the red sock, please” or “Please put your cup on the table.”
- ❖ **Looking at picture books** – Look at books and magazines often together. Try to get your child to tell you what is happening in the pictures.
- ❖ **Naming** – At the grocery store, name foods as you select them. See if your child can name them before you do.
- ❖ **Read to your baby. Sing to your baby.**

Developing control of small muscles:

Identifying sizes and shapes- Cut holes of different sizes into the top of a shoe box. Give your child things to put through the holes.

Playing with puzzles – Give your child simple puzzles with only two or three pieces. These can be bought or made by pasting a picture on cardboard and cutting it into large shapes.

Modeling dough (Playdough) – Buy or make “play clay” and, with your child, pull, pound and squeeze it into different shapes. (Mix 1 tablespoon of salad oil with a cup of water; stir in 2 cups of flour and $\frac{3}{4}$ cup of salt.)

Vaccines given today:

DtaP
Hib
Polio
Prevnar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Discipline:

- ❖ Tell your baby again and again what is OK to touch. A baby cannot remember what he can and cannot touch.
- ❖ "Time Out" is a quiet time away from the play area. "Time Out" is one way to help the child learn what he should not do.
- ❖ Most doctors feel one minute for each year of age is long enough. For an 18 month old, one minute in "Time Out" is long enough.
- ❖ After quiet time is over, hold and comfort the child. Again, tell the child what you want him to do.

At 18 months your baby may :

- ❖ Say "No" and shake her head from side to side.
- ❖ Say six or more words.
- ❖ Scribble on paper with a crayon or pencil.
- ❖ Drink from a cup.

**Parenting is hard work. Talk to a friend.
Plan time for yourself. Eat regular meals. Rest when the baby does.**

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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