



WELLBABY CARE

Eighteen month check-up

At this visit, we will check your check your child's growth and development, & do a physical exam.

- DISCIPLINE:** You have probably noticed that your child is deep into his "terrible two's". Your child needs autonomy and independence and the chance to develop a sense of confidence, so this is an important stage to go through. If you are having problems with discipline, discuss these with me. Some good books are "Parenting the Strong- Willed Child" by Forehand; "Beyond Discipline"; "Dare to Discipline"; "How to Behave Children Will Too"; and "Raising a Spirited Child" by Kurcinka. Do not expect your child to share toys at this point. Try to limit television viewing. It is important to start your child on helping around the house with very simple chores like picking up toys. Read some very simple stories to them, especially at bedtime.
- NUTRITION:** Encourage regular family meals and conversation at meals. Remember food likes and dislikes are changing at this age. Avoid fruitless struggles over eating; mealtime should not be a battle.
- FEVER:** It is ok to give your child Tylenol or Ibuprofen (see dosing sheet for correct dosage), but if your child has a high fever – greater than 103.4 rectally – and you do not know why, the baby should be seen within 24 hours.
- SAFETY:** The child needs to learn safety rules about the street and driveways, but remember that children at this age do not really understand danger or remember rules very well.
- CAR SAFETY:** Your baby should be using a car seat anytime you drive. Sitting on a mother's lap is totally unacceptable. We have taken care of many babies with serious injuries that were sitting on their mother's lap during an accident. Please do NOT learn the hard way- use a car seat and strap your child in even on short trips around town. Remember, deaths due to car accidents are the number one cause of death in children this age.
- WATER SAFETY:** Guard against drowning. Knowing how to 'swim' does not, in anyway, make a child water safe. You should never leave a bucket or doggy bowl with water where the child can reach. If you have pool, you should have a four-sided fence with a self-latching gate. Nothing can replace constant adult supervision, but since 24 hour adult supervision is impossible, barriers like a 4-sided fence are necessary. Remember, deaths due to drowning are the #2 cause of death in children this age.
- SLEEP:** This is a common age for sleep problems such as nightmares and night terrors. Encourage a regular bedtime and use of a short bedtime ritual lasting five to ten minutes before going to bed each night. Some good books are "Solve your Child's Sleep Problems" by Ferber & "Helping your child sleep through the night" By Wersbluth.