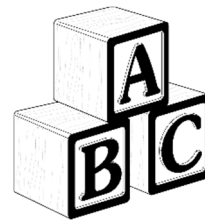


18 months



HEALTH ISSUES

- Stop giving a bottle and use a sipping cup only. No bottle or sipping cup while in bed.
- Offer safe finger foods. Offer healthy snacks, limiting sugars. Encourage use of a spoon.
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.
- Consider starting to brush your baby's teeth daily with a pea-sized amount of toothpaste.

SAFETY ISSUES

- Your baby should always be in a car seat while riding in a car
- Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids and latches on cabinets).
- Do not keep 5 gallon buckets in your home (to prevent drowning).
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Place crib mattress on lowest setting. Place gates on stairways.

YOUR BABY SHOULD...

- Understand simple commands ("take the toy to Daddy").
- Be able to say at least a few words.
- Point to many body parts. Listen to a story and identify simple objects.
- Be able to walk, maybe even backwards.
- Feed self with spoon.

YOU SHOULD...

- Praise your child at every opportunity.
- Talk (in adult manner) and sing regularly to your child and continue to read books to your child.
- Limit the number of rules, but be consistent with them. Do not allow hitting, biting or mean behavior.
- Expect your child to not want to share, but encourage him or her to do so anyway.
- Have a bedtime routine and put baby to bed in his or her own room.
- Offer opportunity for potty training but do not encourage unless your child seems ready (usually 18 months to 3 years).
- Start being an example of the type of person you want your child to grow up to be - they are like sponges from this time on, and absorb everything around them!

YOU SHOULD CALL YOUR DOCTOR IF...

- Your baby has any difficulty breathing
- Your baby is more fussy than their usual
- Your baby does not eat several meals in a row
- You have any questions or concerns

After vaccines, it is normal for your baby to ...

- Mild fever
- Mild fussiness
- Mild redness/soreness at the injection site