

16-18 months

Help me be healthy.

At this checkup, the doctor will:

- Weigh and measure me.
- Check me from head to toe.
- See how I walk.
- Check my teeth.
- Check my eyes and ears.
- Give me any vaccines I missed before.

Take my health journal with us to write down my height and weight and any vaccines I might get.

Keep me safe.

- **Close the bathroom doors so I don't play in there.**
- **I can feed myself, but it's still easy for me to choke on food.** Don't give me small foods like peanuts, popcorn, marshmallows, or gum drops. Other foods that aren't safe for me to eat are raw carrots and celery, grapes, hot dogs, and Vienna sausage. Always watch me while I eat. Help me get into the habit of sitting quietly while I eat.
- **Now I can climb.** I can push a chair to climb into the cupboards, over the porch railing, or to an open window! I don't know what trouble I can get myself into. Put screens in the windows and make sure they are latched tight. Only open the top section of the window so I can't get out.

Help me control my behavior.

- **Show me things that are okay for me to do.** If I'm fighting with another child over a toy, take away the toy or give us each a toy. If I'm doing something you don't want me to do, take me away from the area and give me something else to play with. Hitting me and yelling at me won't teach me what I should do.
- **Join a parenting class to learn more ways to help me behave.** Call the local county extension office or a nearby elementary school to find out about parenting classes.

Play with me. It helps me learn.

- When I point, tell me the word I am trying to say. If I point to the cat, say "It's a cat," so I can hear the words that I'm trying to say.
- Let me help you. Let me take a spoon to the table or put dirty clothes with the clothes to be washed.
- Let me play in the bath to learn to pour and squeeze. I like to use plastic bowls and containers in the tub. Never leave me alone in the tub.
- Remind me again and again what I can and cannot touch. I'm just learning how things work. I can't remember what I should not touch.
- Teach me to take care of my teeth. Help me brush my teeth with a child-sized, soft-bristled toothbrush and water. I'm still too young to use toothpaste. Let me watch you when you brush your teeth so I can learn from you.

Watch how I grow.

I learn new skills at my own pace.

I need help in lots of ways to practice my new skills. By the time I'm 18 months old, I should be able to do most of the things in the list below. If you are worried about what I can do, talk to my doctor or nurse. To



find a nearby **Early Childhood Intervention** program, call the DARS Help Line toll-free at 1-800-628-5115.

Watch for me to:

- Walk by myself! I have good balance. I don't tip from side to side and I hardly ever fall down.
- Help around the house. I can put something on the chair when you ask me. I can get what you ask me to get. I can put something away if you remind me.
- Drink from a cup or glass by myself, maybe spilling a little of it.
- Say "No" and shake my head from side to side.
- Roll a ball back and forth with you.
- Say at least 3 words other than "Dada" and "Mama."
- Scribble on paper with crayon and pencil. This keeps me busy for a few minutes. Watch me carefully because I might chew on the crayon.
- Try to brush my own teeth, but I'm too young to do it by myself. I still need your help.

How I am growing:

My Doctor is: _____

My Dentist is: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Immunizations: _____

Sleeping Habits: _____

New Things I Can Do: _____

Favorite Things and Activities: _____

