



# What You Need to Know: 18 Months Old

## Nutrition

- Offer a variety of healthy table foods diced into small pieces.
- Let your child feed himself with fingers and a spoon.
- Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hot dogs that may cause choking.
- Your toddler may drink about 24 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.
- Put the milk in a “sippy” cup instead of a bottle. Do not put your toddler to bed with a bottle of milk. This can lead to early tooth decay.
- Your job as a parent is to choose the best foods for your toddler. Offer three regular meals & healthy snacks. Make feeding time fun. It is your toddler’s job to decide how much to eat or even to eat at all.
- Picky eating is common. Continue to offer a variety of foods, your child may not like them now, this may change later on.

## Sleep

A regular bedtime routine is very important for toddlers. The average toddler sleeps 11-14 hours (including naps) per day. It is normal for your toddler to sleep more or less than the average. A typical bedtime for a toddler is 7-8 pm.

## Development/Milestones

- Likes to hand things to others as play
- May be afraid of strangers
- Shows affection to familiar people
- May cling to caregivers
- Says several words
- Points to things he wants
- Knows words for ordinary objects like; phones, book, brushes, banana
- Can follow one-step instructions (for example, “sit down”, “come here”)
- Drinks from a cup
- Scribbles on his own
- Helps undress and dress herself
- Points to different body parts

## Safety

- Burns, falls, choking, drowning, and poisonings are the most common injuries for toddlers.
- Watch your child around hot ovens, stoves, campfires, and curling irons.
- Keep knives, scissors, and razors out of your child's reach.
- Do not leave standing water. Empty buckets, pools, and tubs after use.
- Never leave your child unattended in a bathtub.
- Car Seats should remain **rear-facing** until at least 2 years of age or as long as the car seat will allow.
- Lock cabinets and keep cleaning products, medications, plastic bags, and small objects away from your toddler.
- In case of accidental ingestion or poisoning, or for free poison prevention information, call Poison Control at (800) 222-1222.
- Use a properly fitted bicycle helmet if you take your toddler on a bike ride.
- If you have a gun in the home, make sure it is in a locked safe, unloaded, and separate from ammunition.
- Never leave your child in the car alone, even for a minute.

## Discipline/Parenting

- Be consistent.
- Praise good behavior.
- Avoid too many rules.
- Say “No”, and then physically remove your child from a dangerous situation.
- Do not yell or spank.
- Keep timeouts brief.
- All children have tantrums at some time. It is their way of expressing anger and frustration.
- Keep in mind that tantrums increase when your toddler is tired, sick, or hungry.
- Ignore attention-seeking tantrums.

## Other Things....

- Use a small, soft toothbrush to clean your toddler's teeth every day. You should use a small amount (like a grain of rice) of fluoride toothpaste on the brush.
- Have your toddler's shoes properly fitted in length and width, buy flexible non-slip shoes.
- Read to your child daily
- Protect from sun exposure with clothing, hat, shade, or an umbrella. Use broad-spectrum, PABA-free sunscreen with at least SPF 30. Reapply frequently.
- If you need help with medication dosing, please check out our website or click [here](#).
- The American Academy of Pediatrics (AAP) recommends keeping all electronic screens off around babies and toddlers younger than 18 months.

## Vaccines Given at Your Child's Next Well Visit (2 year)

- Hepatitis A

## Suggested Reading

[“Your Child’s Sleep \(Healthychildren.org\)”](#)

[“Your child, Birth to 5 years \(AAP\)”](#)

## Useful Websites

[www.canyonviewpediatrics.com](#)

[www.cdc.gov/vaccines](#)

[www.aap.org](#)

[www.seatcheck.org](#)

[www.healthychildren.org](#)