



Eighteen Month Preventive Exam

Immunizations

Hepatitis A

Development

Your child's coordination should be improving. She should be running, climbing, and jumping. She may be able to kick or throw a ball. She should be able to imitate housework (dust or vacuum with you) and feed herself with a spoon or fork. Speech should also be improving. Hopefully, she is using more single words and repeating words you say to her. By two years of age, she should be putting words together to make phrases and short sentences.

Remember, you can help your child's developmental progress by talking to him and by reading to him a lot. Throughout childhood, reading to kids is one of the best things we can do for them. Avoid exposing him to television and be aware of the content of television shows or videos he watches. Any media exposure should be limited to 30 minutes per day.

Diet

Continue to offer her all types of foods. You should avoid hard, small foods like nuts, popcorn, and peanuts that could be choked on. She should be off the bottle by now. If she is taking a bottle to sleep it puts her teeth at risk of decay. Offer a wide variety of foods, but don't worry if she is a picky eater. Kids don't grow as fast this year as they did in the first year of life, so they often don't need to eat nearly as much. Continue to offer a healthy variety of foods and resist the temptation to get her a different food if she rejects what you have already offered her.

Click here for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen and ibuprofen.

CAUTION: KEEP BABY POWDER, HOUSEHOLD CLEANERS, AND SMALL OBJECTS OUT OF YOUR CHILD'S REACH AS ACCIDENTAL INGESTIONS AND ASPIRATIONS MAY OCCUR. KEEP FIREARMS LOCKED UP. CHILDREN SHOULD NOT BE EXPOSED TO TOBACCO SMOKE. REMEMBER, REAR-FACING CAR SEAT UNTIL 2 YEARS OF AGE. EXAMINE YOUR FLOORS CAREFULLY FOR SMALL OBJECTS THAT MAY BE CHOKING HAZARDS.