

# **18 Months**

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# Developmental Milestones

## 18 Months

- Social/Emotional:**
  - ◆ may have temper tantrums
  - ◆ may be afraid of strangers
  - ◆ affectionate to familiar people
  - ◆ plays simple pretend, such as feeding a doll
  - ◆ may cling to caregivers in new situations
  - ◆ explores alone but with parent close by
  
- Language:**
  - ◆ says several single words
  - ◆ says and shakes head “no”
  - ◆ points to show someone what he wants
  
- Cognitive:**
  - ◆ points to get the attention of others
  - ◆ points to at least one body part when named
  - ◆ makes line shapes while drawing on paper
  - ◆ can follow 1-step verbal commands without any gestures
  
- Physical:**
  - ◆ walks without assistance
  - ◆ may walk up steps and run
  - ◆ pulls toys while walking
  - ◆ can help self undress
  - ◆ drinks from a cup
  - ◆ eats with a spoon

# Developmental Milestones

## 18 Months

### Tell Your Health Care Provider If Your Child:

- ◆ doesn't point to show things to others
- ◆ cannot walk
- ◆ doesn't know what familiar things are for
- ◆ doesn't copy others
- ◆ isn't learning new words
- ◆ has not mastered at least 6 words
- ◆ doesn't notice or mind when a caregiver leaves or returns
- ◆ loses skills he once learned

*\*Remember: all children grow/mature at different rates\**

# Questions to Ask Yourself

- ❑ **Your healthcare provider will be observing your child in each aspect of his development during your appointments**
- ❑ **Prepare for this by asking yourself a few questions, such as:**
  - ◆ “Is there anything I would like to know more about my child’s development?”
  - ◆ “Is there anything that is worrying me or my family?”
  - ◆ “Is my child doing everything I expect at this age?”
  - ◆ “Is there anything I would like to learn about safety precautions?”
  - ◆ “Is there anything that I wish to know about health?”
  - ◆ “Do I have any questions about behavior or discipline?”
  - ◆ “What do I wish to take away from this appointment?”

# Well Child Check

## 18 Months

- ❑ **Topics to discuss with your health care provider:**
  - ◆ importance of play/family time
  - ◆ how to help my child cope with new situations
  - ◆ reinforcing limits
  - ◆ language development through books, songs, and speaking with child
  - ◆ toilet training readiness
  - ◆ child safety
  - ◆ dangers of lead exposure
  - ◆ developmental screening (should have three before your child turns 3)

# Recommended Immunizations

**Any vaccines that have been previously recommended but not administered, including:**

- Hep B (6-18 months)**
- DTap (15-18 months)**
- IPV (6-18 months)**
- Influenza (yearly from 6 months – 6 years)**
- Hep A (12-23 months)**

*For more information on Immunizations and the diseases that they protect us from go to the Center of Disease Control and Prevention website at:  
<http://www.cdc.gov/vaccines/parents/index.html>*

# Lead Exposure

- ❑ **If you live in a house that was built before 1978 you may have lead in your house paint**
  
- ❑ **To reduce harmful exposure:**
  - ◆ keep your child away from any flaking or peeling paint
  - ◆ dust regularly (especially around window frames) to reduce lead particles in the air
  - ◆ keep children and pregnant women away from any home restoration projects that include disturbing any old paint
  - ◆ buy toys from reputable sources to decrease lead concerns
  
- ❑ **Tell your health care provider about any concerns you may have about lead exposure**
  - ◆ they can test levels of lead in your child, and may already have

*To check lead recalls visit the CDC website at:  
<http://www.cdc.gov/nceh/lead/Recalls/default.htm>*

*For other recalls including choking and falling hazards visit the  
Consumer Product Safety Commission at: <http://www.cpsc.gov/>*