

# 15-18 Months



DATE \_\_\_\_\_  
Weight \_\_\_\_\_  
Height \_\_\_\_\_

## SHOTS TODAY

- DTaP – possible fever, sore leg
- Hib
- Prevnar

Medication	Baby Drops	Children's
Tylenol	_____	_____
Motrin	_____	_____

## THINGS TO EXPECT NOW

- Walking, drinking from a cup
- Say some words/jabbering
- Temper tantrums – expect them – don't let them work
- Eat 1 good and 2 poor meals/day
- Going up and down stairs – teach them how

## ACCIDENT PREVENTION

- Forward-facing car seat if 20 pounds or more
- Seatbelt in car
- Keep drugs locked
- Keep household cleaners locked up and out of the way
- Be careful of running into the street
- Climbing opens many new doors (literally)

## THINGS TO EXPECT BY 2 YEARS

- Interest in the toilet (Enjoy the diaper!)
- Not sharing with others
- Scribbling
- Talking, singing, stammering (I,I,I,I...)

## Things You Need to Do

1. Poison Control 1-800-222-1222
2. Be patient about meals. Expect your child to be picky. Remember **you decide what, when and where they are fed. They decide whether and how much to eat.** Make mealtime fun. It's about family time, not eating. **Your child won't starve!**
3. Sleeping all night and two naps a day should be expected. Do not take your baby out of a crib when the baby is climbing out and falling. The crib is a great place to be confined and if you give it up, you will have to re-learn good sleep habits. **DO NOT TAKE YOUR BABY OUT OF A CRIB BECAUSE YOU'RE PREGNANT AND NEED THE CRIB FOR THE NEW BABY! YOU WILL REGRET IT!**
4. If your baby is acting interested in the potty, great! But don't be fooled. It may well be another year or more, regardless of what grandma says. If you have low expectations for your child in this arena, you probably won't be disappointed!

## NEXT APPOINTMENT AT 2 YEARS

### *Illness Prevention*

4 to 6 colds or diarrhea illnesses can be expected yearly.

Suggested reading:

*Parenting with Love and Logic*  
Cline/Faye

*Siblings without Rivalry*

Faber/Mazlish

*Winning at Parenting (CD/DVD)*

Barbara Coloroso