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ANTICIPATORY GUIDANCE
15-18 MONTHS

Vaccines:

Immunization: MMR #1; Hib #4; DTaP (Diphtheria, Tetanus, whooping cough).

Side effects: Some side effects include fever, irritability and fussiness, excessive crying, vomiting, sleepiness and swelling at injection site among others.

FEEDING

- Wean from bottle! (if not already done)
- Offer whole milk (16-24 ounces/day)
- No 2% or skim milk until 2 years of age
- Offer 3 meals & 3 snacks daily
- Let child decide how much to eat, you pick the foods
- Set a good example - eat healthy!
- Encourage self-feeding even if messy
- Always supervise eating
- Avoid choking foods (nuts, popcorn, carrots, raisins, hard candy)

GENERAL CARE / SAFETY

- Use a safety seat in the back seat
- Childproof your home
- Encourage safe exploration
- Supervise child at all times especially near water, pets, cars, stoves, and tablecloths
- Brush child's teeth with a soft toothbrush and water
- Keep poison center number handy – (800) 222-1222



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- Limit sun and use sunblock
- Use insect repellent if needed
- Praise good behavior
- Set limits and routines, be consistent and reasonable
- Discourage aggressive behavior
- Use discipline such as “time out” to teach a lesson – not to punish
- Delay toilet training
- Set a good example with your behavior
- Never smoke around children
- **NEVER SHAKE A CHILD!**

PLAY

You can encourage development through play

- Talk, sing, and read together
- Play interactive games
- Offer simple and fun tasks
- Continue naming parts of the body & the environment
- Do not use baby talk
- Create routines such as a bedtime story
- Avoid using the word “NO”

DEVELOPMENTAL MILESTONES

PHYSICAL & MOTOR SKILLS

- Walks well
- Bends down to pick up items
- Climbs stairs
- Stacks two blocks
- Throws a ball overhand
- Places and removes items from containers
- Feeds self with fingers
- Tries to take off clothing



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SENSORY & COGNITIVE SKILLS

- Says about 10 words
- Points to body parts
- Understands one step commands
- Listens to a story
- Imitates household tasks

Developmental Health Watch

Although children develop at different rates, failure to reach certain milestones may signal a problem. If you notice any of the following warning signs in your infant, discuss them with your pediatrician.

- Not trying to walk
- Cannot pick up small objects when given the chance
- Does not point
- Loss of previously known skills
- Uneven walk or limping
- Frequent falling forward when walking
- Says fewer than 5 words



Bright Futures Parent Handout 18 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

LANGUAGE PROMOTION/HEARING

Talking and Hearing

- Read and sing to your child often.
- Talk about and describe pictures in books.
- Use simple words with your child.
- Tell your child the words for her feelings.
- Ask your child simple questions, confirm her answers, and explain simply.
- Use simple, clear words to tell your child what you want her to do.

FAMILY SUPPORT

Your Child and Family

- Create time for your family to be together.
- Keep outings with a toddler brief—1 hour or less.
- Do not expect a toddler to share.
- Give older children a safe place for toys they do not want to share.
- Teach your child not to hit, bite, or hurt other people or pets.
- Your child may go from trying to be independent to clinging; this is normal.
- Consider enrolling in a parent-toddler playgroup.
- Ask us for help in finding programs to help your family.
- Prepare for your new baby by reading books about being a big brother or sister.
- Spend time with each child.
- Make sure you are also taking care of yourself.
- Tell your child when he is doing a good job.
- Give your toddler many chances to try a new food. Allow mouthing and touching to learn about them.
- Tell us if you need help with getting enough food for your family.

SAFETY

Safety

- Use a car safety seat in the back seat of all vehicles.

SAFETY

- Read the instructions about your car safety seat to check on the weight and height requirements.
- Everyone should always wear a seat belt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher.
- Move furniture away from windows.
- Watch your child closely when she is on the stairs.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Prevent burns by keeping hot liquids, matches, lighters, and the stove away from your child.
- Have a working smoke detector on every floor.

TOILET-TRAINING READINESS

Toilet Training

- Signs of being ready for toilet training include
 - Dry for 2 hours
 - Knows if he is wet or dry
 - Can pull pants down and up
 - Wants to learn
 - Can tell you if he is going to have a bowel movement
- Read books about toilet training with your child.

TOILET-TRAINING READINESS

- Have the parent of the same sex as your child or an older brother or sister take your child to the bathroom.
- Praise sitting on the potty or toilet even with clothes on.
- Take your child to choose underwear when he feels ready to do so.

CHILD DEVELOPMENT AND BEHAVIOR

Your Child's Behavior

- Set limits that are important to you and ask others to use them with your toddler.
- Be consistent with your toddler.
- Praise your child for behaving well.
- Play with your child each day by doing things she likes.
- Keep time-outs brief. Tell your child in simple words what she did wrong.
- Tell your child what to do in a nice way.
- Change your child's focus to another toy or activity if she becomes upset.
- Parenting class can help you understand your child's behavior and teach you what to do.
- Expect your child to cling to you in new situations.

What to Expect at Your Child's 2 Year Visit

We will talk about

- Your talking child
- Your child and TV
- Car and outside safety
- Toilet training
- How your child behaves

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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