

## Woburn & North Andover Pediatric Associates

7 Alfred Street, Baldwin Park II, Woburn, MA 01801 - Phone 781-933-6236, Fax 781-938-8050  
800 Turnpike Street, North Andover, MA 01845 - Phone 978-557-5712, Fax 978-557-5406



### Routine Physical Exam: 18 months

#### Development

- Your child is learning how to make decisions and how far to push limits.

-He/she should:

Start to be able to throw balls, may use a spoon or cup

Walk quickly or run

May say several words, listen to stories, and look at pictures

- Visit: [www.HealthyChildren.org](http://www.HealthyChildren.org), search topics like "Toddler Growth and Development"

#### Safety

- Review your home's childproofing as your toddler is becoming increasingly mobile & curious. He/she needs constant supervision & protection against hazards.

Lower the crib mattress to prevent falls, check window guards

Check smoke & carbon monoxide detectors twice yearly

Supervise your child with family pets

- Your child must be secured in a car seat for every ride! Infants should be in rear facing car seats according to your seat's manufacturer guidelines. Seat weight and height requirements should be followed carefully. The American Academy of Pediatrics recommends that children remain rear facing in the back seat until age 2 years.

- Use caution around swimming pools and other water (hot tubs, bathtubs, toilets, buckets of water). Pools should be secured with fence and self-latching gate.

- Use sunscreen and sunglasses.

- Maintain a smoke-free environment. Children exposed to smokers/second hand smoke are more susceptible to ear infections, breathing problems, and wheezing.

- Gun safety can be a tough topic to address but it is important. If it is necessary to keep a gun in your home, be sure it is stored unloaded and securely locked. Ammunition should be stored separately and also locked.

- Poison Control 1-800-222-1222

- Visit: [www.HealthyChildren.org](http://www.HealthyChildren.org), search topics like "Infant & Toddler Car Seat Safety", "Sun and Water Safety", "Childproofing Your Home"; [www.SeatCheck.org](http://www.SeatCheck.org)

#### Nutrition

- The toddler's rate of weight gain will be slower than in the first year of life and he/she may eat less. They tend to graze and appetites may vary from time to time.

- Give three meals per day and offer 2-3 nutritious snacks. Let your child decide what and how much to eat from an assortment of healthy foods. Offer well cooked vegetables, low sugar cereals, yogurt, cheese, whole grain breads, nut butter, lean meats and fish.

- Your child may drink whole (cow's) milk – up to 20 ounces per day.

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- Brush teeth daily with a dab of toothpaste containing fluoride.
- Vitamin supplements are not routine – talk about them with your pediatrician.
- Visit: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

### Family/Social and Behavior

- Establishing routines around bedtime, mealtimes, and playtimes is important.
- Stranger anxiety reaches its peak over the next few months. Limit the number of caregivers.
- Create opportunities for your family to share time together and for family members to talk and play with your toddler. Spend individual time with each child in your family.
- Talk, praise, sing, and read to your child.
- Discipline becomes increasingly important. Set a small number of specific rules, communicate them clearly to your child, and enforce them. Keep disciplinary measures brief. Use “time-out” in a safe place for one minute. Avoid shouting, spanking, or long explanations.
- Suggest acceptable alternatives.
- Praise good behaviors.
- Toddlers will continue to sleep 12-14 hours per day. They may nap 1-2 times per day. Some children of this age may go through a period of night waking. If this happened, do not give your child enjoyable attention and offer instead a brief visit with reassurance. Avoid giving a bottle or taking him/her to bed with you.
- Take some time for yourself and spend some individual time with your partner. Seek support and understanding about being a parent from people you trust.

### Office Policies

- We like to see infants at regular intervals: 1, 2, 4, 6, 9, 12, 15, 18 months, 2 years, and then annually thereafter. We schedule 3 months in advance. We try to alternate visits between your child’s pediatrician and pediatric nurse practitioners (PNP).
- We follow the recommended vaccine schedule as indicated by the American Academy of Pediatrics & Centers for Disease Control. View vaccine information statements (VIS) at: [www.immunize.org/vis](http://www.immunize.org/vis)
- Please note that many insurance companies require referral authorizations for outpatient appointments, urgent care visits, & other services. It is your responsibility to understand your insurance benefits so you should familiarize yourself with your plan’s referral requirement. Please call the Referral Department if you need to request a referral 781-933-0254.
- Sign up for the Patient Portal to access vaccine history, lab results, and request refills. You may also sign up for text and voice appointment reminders. See a staff member for details!
- Traveling outside of the country in the next few months? Be sure to contact our nurses to determine if your child will need travel vaccines/medications prior to departure.

### When should you call for help?

You are concerned that your child is not growing or developing normally  
You are worried about your child’s behavior

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You need more information about how to care for your child, or you have questions or concerns