



105 Richeson Drive
Lynchburg, Virginia 24501
434.385.7776

www.richesondrivepediatrics.com

18 month

Date _____ Age: _____

Name: _____ Ht. _____ Wt. _____

Eighteen month to Two Year old can:

- Solve problems
- Increase vocabulary-"sentences"
- Show pride when "helps"
- Show independence (temper tantrums- "No!" and "Do it myself")
- Start "time-out" (1 minute for every age)
- Test boundaries (wander off)

Foods:

- Picky eaters can not be made to eat*
- Limit whole milk to 24-32 ounces a day
- Choking hazards- peanuts, popcorn kernels, round slippery foods (ex: hotdogs), chewy, gummy foods
- Avoid sweets and juice

Stimulation:

- Learn self help skills
- Encourage good behavior
- Read, sing, dance
- Limit screen time
- Ignore temper tantrums

Medications:

- Fluoride supplement if using well water
- Brush teeth with fluoride toothpaste (use a smear or 'grain of rice')

Safety:

- Car seat- rear facing until age 2
- Never leave child unattended in car or bath
- Prevent climbing accidents and poisoning
- Create safe environment
- Set limits with consistency

Vaccines: Most infants have no after effects with vaccines, some may have more irritability or fussiness.

- Redness or swelling at the site of the shot, use ice and massage;
- Contact your doctor if your child's symptoms are severe or last longer than 48 hours.

Resources:

- www.healthychildren.org (American Academy of Pediatrics)
- www.powerofmoms.com

Return: 2 years of age



How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial
- www.richesondrivepediatrics.com
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776