



## Anticipatory Guidance - 18 Month Checkup

### Family

- Maintain consistent family routine
- Make 1:1 time for each child in family
- Be aware of language used, child will imitate
- Sibling rivalry

### Development and Behavior

- Assist to describe feelings in simple words
- Provide age-appropriate toys to develop imagination/self-expression
- Read books and talk about pictures/story using simple words
- Discipline constructively using time-out for 1 minute/year of age
- Establish consistent limits/rules and consistent consequences
- Limit TV time to 1-2 hours/day
- Praise good behavior
- Provide opportunities for side-by-side play with others of same age group

### Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Encourage supervised outdoor play
- Establish consistent bedtime routine
- Begin toilet training when ready

### Safety

- Lead risk assessment
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, household chemicals and medicines out of reach
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Supervise within arm's length when near water
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker