



# Eighteen Months

As your child grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your child learn and be healthy. If you have concerns about your child's growth or development, talk to his or her doctor.

Visit this link for milestones  
<https://tinyurl.com/ub47zg8>

## Your toddler can

- Walks well, may run, walk up steps with help, squat to pick up a toy
- Drink from a cup, eat with a spoon
- Help undress herself
- Point to a body part
- Follow a simple command like "sit down"

## Doctor Appointments

When your child has regular checkups, their doctor is able to track their growth and development. You have a chance to build a relationship of trust with your doctor and address your concerns.

- Schedule an 18-month visit with your child's doctor. She may need some immunizations. <https://tinyurl.com/js6t4zb>
- Schedule an appointment with your child's dentist. Brush his teeth at bedtime and one other time during the day with a rice-sized smear of toothpaste. Ask about fluoride varnish to protect your child's teeth.

## Parenting Tips

- Limit screen time to no more than 1 hour each day
- Limit sun exposure. Use a hat with a brim and lightweight clothes. Use a sunscreen with at least 30 SPF and reapply at least every 2 hours when outdoors.
- Always follow label instructions when using bug repellent.

## Keep your toddler safe!

- Your child should be in a rear-facing car seat until 2 years of age.  
<https://tinyurl.com/olvsczo>
- Supervise your child at all times. Never leave him alone, especially near cars, stairs, or water without a mature adult in charge
- Never shake your child, handle her roughly, or yell at her.

## Help your toddler learn!

- Read and play with your child. Point to objects or pictures and say the words. Your child may try to repeat what you say
- Stack blocks and let your child knock them down
- Let your child “help” you with household chores, like dusting, or putting away toys
- Your child may be fearful of you leaving or hesitant to be around new people. Comfort her
- Your child is learning lots of new things. He can get frustrated easily. Be patient with temper tantrums. Try to redirect undesired behavior. Move your child to a safe place if he needs time to calm down
- Read more here: <https://tinyurl.com/w8dho4s>

## Feed your toddler!

- Milk is still an important part of your child’s diet. He has transitioned from formula to whole milk. The extra fat in whole milk supports the rapid brain development that is still taking place. He needs 16-20 ounces of milk each day.
- Your child will want to be independent. She might be messy. That’s OK. Let her use fingers and utensils to feed herself.
- Offer a variety of healthy foods. Encourage your child to try new things. Let your child decide what he will eat and how much he will eat.
- Offer three meals and 2-3 snacks each day. Your child may skip a meal or choose not to eat. That’s ok.
- Learn more at <https://tinyurl.com/t545ysm>

Poison Control Hotline 1-800-222-1222