

Rourke L Riverin B  
Leduc D Rourke J  
Li P Englert S Power L



18 Months

**18 Months Visit**

Length, wt, HC

**CAREGIVER CONCERNS:** Record concerns**NUTRITION:**

- Breastfeeding +/- Vit D 400 IU/day
- Homo milk 500-750ml (16-24oz)/day
- No bottles
- Avoid sweetened juices/liquids

**EDUCATION AND ADVICE - only needs to be assessed at one visit if no concerns****Injury Prevention:**

- Wean from pacifier
- Falls
- Choking/safe toys
- Bath safety
- Car seat (child)

**Behaviour & Family Issues:**

- Healthy sleep habits
- Parental fatigue/stress/depression
- Encourage reading
- Discipline/Parenting skills programs
- Socializing opportunities
- Family healthy living/sedentary behaviour
- High-risk children
- Parent/Child Interaction

**Environment:**  2<sup>nd</sup> hand smoke  Blood lead if at risk  
 Pesticide exposure  Sun exposure/sunscreen/insect repellent

**Other Issues:**

- Dental care/Dentist
- Toilet learning

**DEVELOPMENT: Failure to meet an item is a red flag for development****Social/Emotional:**

- Behaviour usually manageable
- Interested in other children
- Usually easy to soothe
- Comes for comfort when distressed

**Motor Skills:**

- Walks alone
- Feeds self with spoon with little spilling

**Adaptive Skills:**

- Removes hat/socks without help
- No caregiver concerns

**Communications Skills:**

- Points to several different body parts
- Tries to get your attention to show you something
- Turns/responds when name is called
- Points to what he/she wants
- Looks for toy when asked or pointed in direction
- Imitates speech sounds and gestures
- Says ≥20 words
- Produces 4 consonants

**PHYSICAL EXAM: Age specific exam recommended at each visit**

- Each visit:**  Hearing inquiry  Anterior fontanelle closed
- Corneal light reflex/Cover-uncover test & inquiry  Teeth
- Red reflex

**PROBLEMS AND PLANS:**

Record problems/plans

**INVESTIGATIONS/IMMUNIZATIONS: Record Vaccines, discuss pain reduction**