

Eighteen-Month Visit



Congratulations – you are halfway through the second year! Toddlers at this age are becoming even more independent – be patient and encouraging! Have fun helping your child learn. Try these tips to help keep things running smooth.

Feeding and Nutrition

- Almost all toddlers are picky eaters! Don't make eating a battle. Your job is to offer healthy meals and snacks and let your child do the rest. Try to focus on a weekly average instead of how much is eaten each meal.
- Help your child develop good eating habits avoid excessive sweets, fatty and fried items. Try not to offer food as a reward. Whenever possible, eat meals together as a family. Try to always use a seat or high chair instead of offering food "on the go" or while playing.
- Allow your child to experiment with food, eat with her hands and utensils and drink from a cup. Continue to avoid food that may be a choking risk such as peanuts, popcorn, hot dogs, whole grapes, hard candies and gum.
- Generally whole milk (the "red top") is best until 2 years of age don't give more than 16-20 ounces a day. Juice provides no nutritional benefit and should be limited to no more than 4 ounces a day (100% juice only). Don't give your child sweetened drinks (Capri Sun, Gatorade, Hawaiian Punch, soda, iced-tea, lemonade) offer water in between meals instead.
- If you haven't already, now is the time to stop giving your child a bottle. Children who use bottles after 12 months have a higher rate of cavities, ear infections, anemia and speech delay.

Oral Health Tips



- Brush your toddler's teeth twice a day with a soft brush. Let him brush first then you do it again. Make it fun.
- To prevent tooth decay, never let your child fall asleep with a bottle in his mouth. You should brush your child's teeth AFTER the last food/drink of the night. Discuss with your doctor if your child needs extra fluoride.
- Now is the time to eliminate the pacifier.
- Most doctors recommend the first dental check up by 2-3 years. Ask if you need help finding a dentist.

Sleeping

- At this age, your child should sleep through the night and take 1-2 naps a day. Most children have switched to one nap by 18 months old.
- Bedtime routines should be consistent and enjoyable. Include time for reading. Give your child a comfort item/small blanket (never the bottle!) to take to bed.

Safety Tips

- 1. Keep your child in a rear-facing car seat until age 2, or until he reaches the highest weight AND height allowed by the maker of the seat. This is the safest position in the event of an accident.
- 2. Never leave your child alone in the car, even for a minute.
- 3. Don't let your child out of your sight even for a second near water, tubs, buckets, pools, dogs, lawnmowers, driveways and streets. Children can drown in less than 2 inches of water in just a few seconds.
- 4. Hot liquids, foods and grease can cause serious burns. Watch your child very closely in the kitchen since he can now climb and reach up to higher areas on his own.
- 5. To protect from water burns, turn your hot water heater down to 120° or less.
- 6. Use safety gates, cabinet locks and socket plugs. Install guards on all windows above the 1st floor (toddlers can climb up onto furniture that is close to windows and fall out).
- 7. Keep medicines completely out of reach and preferably locked. Remind other caregivers of this (medicine in grandma's purse looks like candy).
- 8. Install smoke and carbon monoxide detectors and change batteries yearly.
- 9. Limit direct sun exposure. Use a large hat and sunscreen SPF 30 or higher.

Eighteen-Month Visit continued...

Development

- · Children vary greatly in development. At this age, many toddlers will:
 - 1) Walk backwards, throw a ball and pull a toy along the ground.
 - 2) Say 10-20 words and learning new words regularly.
 - 3) Point to objects or pictures, bring objects over to show them to you and try to attract your attention to what she is doing.
 - 4) Start to use their imagination more (feed doll pretend food or make "brrmmm noises" when playing with cars).
- · Try these tips to help with development:
 - Read with your toddler every day and encourage her to use his words even if you think you know what he wants. Ask her questions about the pictures and stories you read together.
 - Turn your child's words into phrases. If he says, more water, you can say: you want more water in your cup.
 - 3) Play pretend. Be a train and choo-choo around the house.
 - 4) Help your child solve a problem but don't do it all for him. He'll learn faster the more he does. Encourage independence.
 - 5) Encourage exploration. Fill and dump containers with water or sand.
 - 6) Talk to your doctor if you have any concerns about your child's development.

Immunizations

(*vaccine schedule may vary slightly by practice)

Today:

- -Hepatitis A
- -The influenza vaccine is recommended during flu season.
- -Your child may have a blood test to screen for lead poisoning and anemia.

Behavior/Discipline

- · Praise your child when she is behaving well.
- Temper tantrums usually peak at 18-22 months and are a normal part of development. Stay calm, ignore the behavior and don't give in.
 Reassure and play with your child again once the behavior has stopped.
- Your child will test different behaviors to see what reactions she gets. Set limits that are clear (remind your child of the rules), specific (say put your toys in the box instead of clean up) and consistent (use the same consequence every time – ex. whenever your child throws a toy, take it away for a few minutes then let her try again).



Toilet Training

- Children will start to show signs of readiness to begin toilet training anytime between 22-30 months.
- Signs that your child may be ready include:
 - -Dry diaper for 2 hours or after naps.
 - -Poops are regular and predictable and you can tell when your child is about to poop.
 - -Your child knows when she is wet or dry.
 - -Your child can walk to/from the bathroom, help undress and follow simple instructions.
- Read books about toilet training with your child.
- Praise your child for sitting on the potty or toilet even with clothes on.
- Never punish your child for toilet training accidents.

Websites

- AAP-Healthy-Children-http://www.healthychildren.org-(Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | http://www.aap.org/immunization (Research-based information about childhood vaccines)
- One Tough Job | http://www.onetoughjob.org (Information on development and a variety of parenting topics created by the MA Children's Trust Fund)
- Zero To Three | http://www.zerotothree.org
 (More information on health and development of toddlers)

Your child's next routine visit is recommended at 2 years old.

Important Numbers

- Poison Control
 - 1-800-222-1222
- Parental Stress Line
 1-800-632-8188
- HAVEN Domestic Violence Help Line 1-617-724-0054
- Smoking Quit Line (free):
 1-800-TRY TO STOP
- Your doctor's office







2 TO 4 YEARS

Safety for Your Child

Did you know that injuries are the leading cause of death of children younger than 4 years in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. Children learn fast, and before you know it your child will be jumping, running, riding a tricycle, and using tools. Your child is at special risk for injuries from falls, drowning, poisons, burns, and car crashes. Your child doesn't understand dangers or remember "no" while playing and exploring.

Falls

Because your child's abilities are so great now, he or she will find an endless variety of dangerous situations at home and in the neighborhood.

Your child can fall off play equipment, out of windows, down stairs, off a bike or tricycle, and off anything that can be climbed on. Be sure the surface under play equipment is soft enough to absorb a fall. Use a rubber mat, or 12 inches of sand, saw dust, or wood chips underneath play equipment.

Lock the doors to any dangerous areas. Use gates on stairways and install operable window guards above the first floor. Fence in the play yard. If your child has a serious fall, or does not act normally after a fall call your doctor.

Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. If you choose to keep a gun, keep it unloaded and in a locked place separate from the ammunition. Handguns are especially dangerous. Ask if the homes where your child visits or is cared for have guns and how they are stored.

Burns

The kitchen can be a dangerous place for your child, especially when you are cooking. If your child is under foot, hot liquids, grease, and hot foods can spill on him or her and cause serious burns. Find something safe for your child to do while you are cooking.

Remember that kitchen appliances and other hot surfaces such as irons, ovens, wall heaters, and outdoor grills can burn your child long after you have finished using them.

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If your child does get burned, immediately put cold water on the burned area. Then cover the burn loosely with a bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, reduce the maximum temperature of your hot water heater to 120°F.

Test the batteries on your smoke alarm every month to be sure that they work. Change the batteries every year on a date you'll remember, such as daylight savings time.

Poisonings

Your child will be able to open any drawer and dimb anywhere curiosity leads. Your child may swallow anything he or she finds. Use only household products and medicines that are absolutely necessary and keep them safely capped and out of sight and reach. Keep all products in their original containers.

If your child does put something poisonous in his or her mouth, call your Poison Center or doctor immediately. Attach your Poison Center number to your phone. Have syrup of ipecac on hand to make your child vomit, but use it only if you are told to do so by the Poison Center or your doctor.

And Remember Car Safety

Car crashes are the greatest danger to your child's life and health. The crushing forces to your child's brain and body in a collision or sudden stop, even at low speeds, can cause injuries or death.

To prevent these injuries, correctly USE a car safety seat EVERY TIME your child is in the car. If your child weighs more than the highest weight allowed by the seat or if his or her ears come to the top of the car safety seat, use a belt positioning booster seat.

The safest place for all children to ride is in the back seat. In an emergency, if a child **must** ride in the front seat, move the vehicle seat back as far as it can go, away from the air bag.

Do not allow your child to play or ride a tricycle in the street. Your child should play in a fenced yard or playground. Driveways are also dangerous. Walk behind your car before you back out of your driveway to be sure your child is not behind your car. You may not see your child through the rear view mirror.

Remember, the biggest threat to your child's life and health is an injury.



VACCINE INFORMATION STATEMENT

Hepatitis A Vaccine

What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Hepatitis A is a serious liver disease. It is caused by the hepatitis A virus (HAV). HAV is spread from person to person through contact with the feces (stool) of people who are infected, which can easily happen if someone does not wash his or her hands properly. You can also get hepatitis A from food, water, or objects contaminated with HAV.

Symptoms of hepatitis A can include:

- fever, fatigue, loss of appetite, nausea, vomiting, and/ or joint pain
- severe stomach pains and diarrhea (mainly in children), or
- jaundice (yellow skin or eyes, dark urine, clay-colored bowel movements).

These symptoms usually appear 2 to 6 weeks after exposure and usually last less than 2 months, although some people can be ill for as long as 6 months. If you have hepatitis A you may be too ill to work.

Children often do not have symptoms, but most adults do. You can spread HAV without having symptoms.

Hepatitis A can cause liver failure and death, although this is rare and occurs more commonly in persons 50 years of age or older and persons with other liver diseases, such as hepatitis B or C.

Hepatitis A vaccine can prevent hepatitis A. Hepatitis A vaccines were recommended in the United States beginning in 1996. Since then, the number of cases reported each year in the U.S. has dropped from around 31,000 cases to fewer than 1,500 cases.

2 | Hepatitis A vaccine

Hepatitis A vaccine is an inactivated (killed) vaccine. You will need **2 doses** for long-lasting protection. These doses should be given at least 6 months apart.

Children are routinely vaccinated between their first and second birthdays (12 through 23 months of age). Older children and adolescents can get the vaccine after 23 months. Adults who have not been vaccinated previously and want to be protected against hepatitis A can also get the vaccine.

You should get hepatitis A vaccine if you:

- · are traveling to countries where hepatitis A is common,
- · are a man who has sex with other men,
- · use illegal drugs,
- have a chronic liver disease such as hepatitis B or hepatitis C,
- · are being treated with clotting-factor concentrates,
- work with hepatitis A-infected animals or in a hepatitis A research laboratory, or
- expect to have close personal contact with an international adoptee from a country where hepatitis A is common

Ask your healthcare provider if you want more information about any of these groups.

There are no known risks to getting hepatitis A vaccine at the same time as other vaccines.

Some people should not get this vaccine

Tell the person who is giving you the vaccine:

- If you have any severe, life-threatening allergies.
 If you ever had a life-threatening allergic reaction after a dose of hepatitis A vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Ask your health care provider if you want information about vaccine components.
- If you are not feeling well.
 If you have a mild illness, such as a cold, you can probably get the vaccine today. If you are moderately or severely ill, you should probably wait until you

recover. Your doctor can advise you.



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Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of side effects. These are usually mild and go away on their own, but serious reactions are also possible.

Most people who get hepatitis A vaccine do not have any problems with it.

Minor problems following hepatitis A vaccine include:

- · soreness or redness where the shot was given
- · low-grade fever
- headache
- · tiredness

If these problems occur, they usually begin soon after the shot and last 1 or 2 days.

Your doctor can tell you more about these reactions.

Other problems that could happen after this vaccine:

- People sometimes faint after a medical procedure, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting, and injuries caused by a fall. Tell your provider if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get shoulder pain that can be more severe and longer lasting than the more routine soreness that can follow injections. This happens very rarely.
- Any medication can cause a severe allergic reaction.
 Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

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What if there is a serious problem?

What should I look for?

 Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

 If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 or get to the nearest hospital. Otherwise, call your clinic.

Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS does not give medical advice.

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The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at www.hrsa.gov/vaccinecompensation. There is a time limit to file a claim for compensation.

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How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- · Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/vaccines

Vaccine Information Statement Hepatitis A Vaccine

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