



Take a Walk

## Your child is a cautious 18 month old

18 month olds are a little unpredictable, sometimes wanting to be held, other times wanting to do things on their own, like grown ups. Children this age have grasped the concept of choice and will be able to express their own wishes. Tantruming does continue and the word “NO” seems to echo through the house. 18 month olds tend to respond well to a stable environment where limits are set and consistently upheld. 18 months is a time to explore their newfound independence and applaud themselves for tasks accomplished. It is quite cute to observe. This hand out will help you know what to expect over the next 6 months until your next WCC at 2 years.

### Development:

- Begins walking up and down stairs
- Throws and kicks ball
- Pulls off clothes
- Has 2 word sentences (2 year olds typically have anywhere from 50-200 words)

\* Many parents begin asking questions about potty training at this age. “Signs of readiness” include: 1) Waking up dry from naptime, 2) Has motor skills to pull pants up and down, 3) Shows interest in the potty, 4) Can understand simple directions. If your child is not showing all of these signs, it is better to wait. If they are, happy training!! Remember to keep the whole process positive, negativity should never be associated with potty training. Please visit [pampers.com](http://pampers.com), this website has lots of great info for parents or feel free to call us to ask for advice.

### Safety:

- Supervise playtime
- Door/Window/Stair safety
- Gun safety
- Car seat should be rear facing as long as possible as recommended by the DMV and Academy of Pediatrics.
- Apply sunscreen when outside, SPF 45 or higher

### Nutrition:

- Appetite slump begins
- Offer healthy food choices
- Brush teeth twice daily

### When to call for our advice:

- Fever greater than 101.5 rectally, lasting longer than three days and/or does not respond to medication
- Skin rash that looks red pin pricks or purplish spots
- Inconsolability/irritability
- Failure to eat
- Persistent vomiting, diarrhea
- You are uncomfortable with your child’s behavior

If you have any questions/concerns, please call our office at 969-9611 and we will be happy to assist you. Good luck keeping up with your growing toddler!! ☺