



18 Month Visit

LANGUAGE PROMOTION/HEARING

Talking and hearing

- Read and sing to your child often.
- Talk about and describe pictures in books.
- Use simple words with your child.
- Tell your child the words for her feelings.
- Ask your child simple questions, confirm her answers, and explain simply.
- Use simple, clear words to tell your child what you want her to do.

Your child and family

- Create time for your family to be together.
- Keep outings with a toddler brief—one hour or less.
- Do not expect a toddler to share.
- Give older children a safe place for toys they don't want to share.
- Teach your child not to hit, bite or hurt other people or pets.
- Your child may go from trying to be independent to clinging; this is normal.
- Consider enrolling in a parent-toddler playgroup.
- Prepare for your new baby by reading books about being a big brother or sister.
- Spend time with each child.
- Make sure you are also taking care of yourself.
- Tell your child when he is doing a good job.
- Give your child many chances to try a new food. Allow tasting and touching to learn about them.
- Tell us if you need help with getting enough food for your family.

FAMILY SUPPORT

Safety

- Use a car safety seat in the back seat of all vehicles.
- Have your child's car safety seat rear-facing until your child is two years of age or until she reaches the highest weight or height allowed by the seat's manufacturer.
- Everyone in the car should wear a

SAFETY

SAFETY

- seatbelt.
- Lock away poisons, medications and lawn and cleaning supplies.
- Call Poison Control if you think your child has eaten something harmful. The number is (1-800-222-1222).
- Place gates at the top and bottom of stairs and guards on the windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances and space heaters.

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SAFETY

- Move furniture away from windows.
- Watch your child closely when she is on the stairs.
- When backing out of the garage or driving in the driveway have another adult hold your child a safe distance away so he is not run over.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Prevent burns by keeping hot liquids, matches, lighters and other hot items away from your child.
- Have a working smoke detector on every floor.

TOILET TRAINING READINESS

Toilet training readiness

- Signs of being ready for toilet training include:
 - Dry for two hours.
 - Knows if he is wet or dry.
 - Can pull pants down and up.
 - Wants to learn.
 - Can tell you if he's going to have a bowel movement.
- Read books about toilet training with your child.
- Have the parent of the same sex as your child or an older brother or sister take your child to the bathroom.
- Praise sitting on the potty or toilet even with clothes on.
- Take your child to choose underwear when he feels ready to do so.

YOUR CHILD'S BEHAVIOR

Your child's behavior

- Set limits that are important to you and ask others to use them with your children.
- Be consistent with your toddler.
- Praise your child for behaving well.
- Play with your child each day by doing things she likes.
- Keep time-outs brief. Tell your child in simple words what she did wrong.
- Tell your child what to do in a nice way.
- Change your child's focus to another toy or activity if she becomes upset.
- Parenting class can help you understand your child's behavior and teach you what to do.
- Expect your child to cling to you in new situations.

What to expect at your child's 2-year visit

We will talk about...

- Your talking child
- Your child and TV
- Car and outside safety
- Toilet training
- How your child behaves.