

## Behavior Issues

- Keep the same bedtime routine every night.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult [www.healthychildren.org](http://www.healthychildren.org)
- Discipline is the process of teaching civilized behavior, not just giving punishment.
- Distract your child from annoying behavior. In dangerous situations, make eye contact, say 'No' firmly, then remove them.
- Avoid situations where he will be tempted to misbehave.
- Keep rules simple and consistent. Show them what you want them to do. Be a role model.
- Spanking teaches aggression.
- Praise for appropriate behavior is the most powerful reinforcement. Praise your child daily!
- Tantrums are normal. Ignore 'demand' tantrums; offer reassurance for 'frustration' tantrums until they pass. If you become overwhelmed, allow yourself a 'time-out'.

## Eighteen Month Visit

We will record your child's height, weight, and head circumference. The measurements do not have to be on the average line (50th percentile) to be "normal." Babies typically do not grow as rapidly now as they did in the first year.

### Let your doctor know today if...

- Your child cannot climb up, or he walks on his toes.
- Your child does not scribble or drink with a cup.
- Your child uses fewer than three or four words.
- Your child does not identify anybody parts (eyes, nose).
- Your child does not respond to his name when spoken softly.
- Your child avoids eye contact.
- Your child wakes at night and needs help to get back to sleep.
- You are worried about your child's growth, development, or behavior.
- You are feeling overwhelmed or sad about your child or unable to enjoy being with your child.
- You have a particular concern that's always on your mind.
- Your child spends time in a building built before 1960 that has peeling paint or that is or was renovated, or your child is around someone who has lead poisoning or who works with lead.

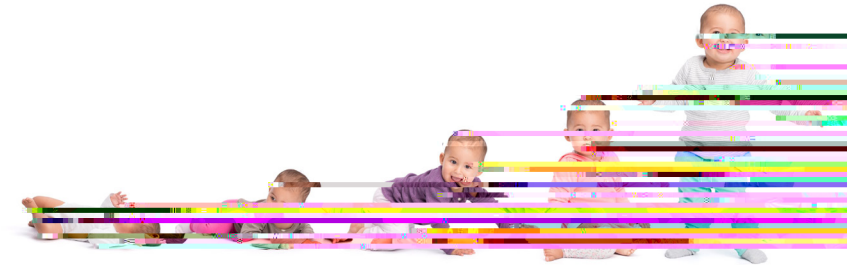
### Your next visit

At the two year visit your doctor will...

- Check your child's growth.
- Discuss influenza (seasonal) and COVID vaccines. Vaccine information is available at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).
- May discuss a blood test or the tuberculosis test (PPD).



# Eighteen Month Visit



## Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child including brain damage and death.
  - Recommended vaccines:
    - Hepatitis A
    - Influenza (seasonal) and COVID if not yet vaccinated
  - Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: [healthychildren.org](http://healthychildren.org) (under the Health Issues tab) and at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).
  - Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine and the COVID vaccine.
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