

WELL CHILD VISIT



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DEVELOPMENT

Daily Activities:

- Avidly explores environment
- Likes to feed self
- May begin using spoon
- Loves water play
- Enjoys throwing, rolling, pushing, pulling toys

Motor Skills:

- Stands unsupported
- Walks without assistance with wide stance and outstretched arms
- Climbs stairs
- Refines grasp
- Picks up objects from a standing position
- Runs
- Kicks and throws a ball

Language:

- Adds gestures to speech
- Prefers adults to other children
- Likes to watch and imitate activities
- Naming body parts
- 4-10 words

Cognitive:

- Looks to parent for help in solving problems
- Learns cause-effect relationship
- Repeats enjoyable actions
- Looks for hidden objects in last place seen
- Begins to experiment through trial and error
- Follows commands
- Begins parallel play

Eighteen (18) Month

Congratulations on making it this far.

Your child will receive the DTaP vaccination.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

FEEDING

Your baby should be learning to feed him/herself. Now is a great time to introduce the spoon. This will be messy.

Remember no hot dogs or shellfish. Limit juice intake to six ounces per day. We encourage three solid meals per day.

Your baby needs whole milk until two years of age. Remember NO Bottles!

Babies do not grow as fast during the second year of life. Your baby may not eat as much during each feeding. Trust your baby's appetite.

SAFETY TIPS

- Keep all medicines, chemicals, cleaning products locked safely out of reach
- Avoid choking hazards and suffocation
- Never leave a child alone in the bathtub
- Keep the crib sides up. Keep an eye out for explorers
- Never eat, drink, or carry anything hot while you are holding the baby
- Place plastic protectors over outlets
- Never allow smoke near your baby, have you checked your smoke alarms?
- Used an approved infant car safety seat. Follow instructions for proper installation. Remember Tennessee State law mandates rear facing until 12 months and at least 20 pounds. Parents should wear seat belts to set good example.
- Place the Poison Control number close to phone (1-800-222-1222)



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SCREENINGS

- MCHAT – 18 months

ADDITIONAL INSTRUCTIONS:

- Schedule 2 yo appointment both after 2nd birthday AND at least 6 months from 18-month visit

SLEEP

Most babies are sleeping through the night. Limit daytime naps to two hours.

TEETHING

Your baby may begin teething. While getting teeth, your baby will drool like a madman and chew on almost anything. A teething ring or partially frozen washcloth may come in handy!

Today's Tylenol infant drops dose for your child is _____ ml.

VACCINES (DTaP #4)

Please take a few minutes to read the vaccine information sheets. They cover many common questions regarding the immunizations your child will receive today.

One of the most common questions regarding vaccines is fever. There is a small risk of fever with the immunizations. Accordingly, we recommend Tylenol.

NO WORRIES

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and others later as they continue to grow and learn.

YOUR NEXT VISIT

You should return in six months. At that time, your child will receive the Hepatitis A immunization. Call us with any problems. Remember to write down your questions and bring them with you for the next visit. Good luck.