

# BOULEVARD CENTER PEDIATRICS

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Today's Date: \_\_\_\_\_

## 18 Months Visit

Next Visit: @ 24 Months of Age

Your Child's Weight: \_\_\_\_\_ lbs Weight% \_\_\_\_\_ Your Child's Height: \_\_\_\_\_ in. Height %: \_\_\_\_\_ HC \_\_\_\_\_ %

**Immunizations Recommended:** \_\_\_Hep A \_\_\_Influenza

**Vaccine Information Sheets:** Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: \_\_\_\_\_ ml.

You can treat fever with Ibuprofen (100mg/5ml.) Today, your Ibuprofen/Advil dose is: \_\_\_\_\_ ml.

### Referred To: \_\_\_\_\_

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700; Early Intervention 703-792-7879 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.

### 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 his 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, 1 hour or less.
- Don't 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 an older sibling.
- 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 toddler many chances to try a new food. Allow mouthing and touching to learn about them.

### 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 2 yrs of age or until he reaches the highest weight or height allowed by the car safety seat's manufacturer.
- Everyone should always wear a seat belt in the car.
- Lock away poisons, medication, lawn and cleaning supplies.
- Call Poison Help if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the 2<sup>nd</sup> floor and higher.
- Move furniture away from windows.
- Watch your child closely when he 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.
- 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 the stove away from your child.
- Have a working smoke detector on every floor.

### Toilet Training

- Signs of being ready for toilet training include: Dry for 2 hrs; Knows if he is wet or dry; Can pull pants down and up; Wants to learn; Can tell you if he is going to have a bowel movement.
- Read books about toilet training with your child.

- Have parent of the same sex as your child or an older sibling 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

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

### WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

**Call 911 or go to the nearest ER** for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury).

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or [seatcheck.org](http://seatcheck.org)