By the 18th month...
- Your toddler likes to imitate parents by sweeping, dusting or feeding the dog!

Watch me grow! I can...
- Grow 5 inches between 1 and 2 years old!
- Gain about 5 pounds between 1 and 2.

What I need...
- To be offered healthy foods at snack and meal times.
- 16-20 ounces of milk daily; small servings may come from milk, cheese or yogurt.
- Limited juice—1/2 cup a few times a week.
- 2 fruit and 2 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit).
- 2 protein servings daily; cheese, meat and eggs.
- 6 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To have new foods introduced when I’m hungry.
- My teeth cleaned with a soft cloth after feeding.

Don’t forget ... I can
- Use a spoon well.
- Drink from a regular cup.
- Enjoy family mealtimes.
- Have changing food likes and dislikes. Keep offering me a variety without being pushy.
- Sleep 10-12 hours a night.
- Nap one - two times per day.

You can take care of my oral health by...
- Brushing my teeth at least twice daily—morning and night—with a soft-bristled toothbrush and a smear of fluoridated toothpaste.
- Limiting sippy cups to meal times.
- Offering water between meals.

Keep me safe ...
- A safe area is needed for outside play.
- A car seat is still required; a rear-facing seat, approved for children up to 2 years is recommended.
- Supervision is needed in the house, car, and swimming area.
- Post the Poison Control number by your phone: 1-800-222-1222 and check out DeVos Children’s Hospital Regional Poison Center online at poisoncenter.devoschildrens.org

Show me love by . . .
- Holding my hand as I climb up and down stairs.
- Giving me a safe spot to play
- Praising me and giving me attention for positive behaviors.
- Reading books to me while pointing out names of objects and pictures.
- Giving me a chance to dust, sweep or clean with you.
- Protecting me from injury.
- Setting regular toilet training routines.
- Accepting and understanding that accidents like spilled milk will occur.
- Praising me for my efforts.
- Encouraging pretend play.
- Using simple, clear phrases.
- Blowing bubbles for me!

Infant Vaccines
18 month vaccines:
- Hepatitis A

Please call my health care provider or the Health Department (231)995-6131 to make an appointment.

My Toddler at 18 months

Grand Traverse County Health Department

(231) 995-6112

www.gtchd.org
Exploring my world . . . I can

- Walk upstairs, one at a time.
- Run with frequent falling.
- Throw a ball overhand.
- Say 4-10 words and follow simple commands.
- Imitate household activities like talking on the phone.
- Have temper tantrums.
- Show interest in toilet training through word signals, having dry naps and regular bowel movements.

Hey! CHECK ME OUT!

Have you seen me . . .

✓ Brush my teeth with help
✓ Stack 2-4 blocks
✓ Say 6 words
✓ Walk up steps
✓ Kick a ball

The Path to Reading...

18 months

You can:

★ Obtain a library card and borrow books often. A variety of books will help your child develop his imagination and learn more about the world

★ Give your child a chance to turn the pages and answer as he points and names what he sees on the page.

★ Listen to sounds with your child. Ask, “Do you hear the bird? There goes a truck. Vroooom!”

Book Corner: Children at this age especially love animal books of all sizes and shapes. They also enjoy short picture books with only a few words on a page.

Check out these websites and apps for FREE info!

WIC Website for Feeding Information
www.wichealth.org

Your Child—General Health information:
http://www.med.umich.edu/yourchild/index.htm

POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222

Find us on Facebook!
@GTHealthDept

Follow us on Twitter!
@GTCHD

2600 LaFranier
Traverse City, MI 49686
(231) 995-6112

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.