

Welcome to your 18-Month Well-Baby Visit Planner®

Please identify any items that you wish to discuss with your health care provider.



Check off any of the items that you wish to discuss with your health care team at the 18-month visit.

TOPIC 1

Physical Health

- Height or weight
- Eating, drinking or nutrition
- Bowel habits (e.g. constipation)
- Hearing or vision
- Teeth or dental care
- Vaccination and immunization

TOPIC 2

Safety

- Safety inside the home (e.g. choking hazards)
- Safety outside the home (e.g. car seats)
- Over-the-counter medicines (e.g. cough/cold medicines)
- Second-hand smoke
- Toxic exposure (e.g. drugs, pesticides)

TOPIC 3

Parenting & Healthy Habits

- Parenting strategies
- Parent fatigue, stress and depression
- Child's sleep habits
- Weaning your child from a pacifier or bottle
- Toilet training or toilet learning
- Healthy activity levels

TOPIC 4

Motor & Language Skills

- Motor skills and coordination
- Talking and understanding what others say
- Learning and attention
- Non-verbal communication (e.g. gestures)
- Reading to my child

TOPIC 5

Social & Emotional Development

- Repetitive or unusual behaviours (e.g. flapping hands, rocking or spinning)
- Transition to other child care or separation anxiety
- Interaction with other children
- Expressing emotions
- Temper tantrums
- Community resources to support development

If you want to learn more go to visitplanner.healthhq.ca

Notes & Other Questions

If you have a mobile device or computer, please use the online version of the visit planner for best results.

FOR MORE INFORMATION
visitplanner.healthhq.ca

TOPIC 1

Physical Health

Growth and nutrition

In the first years of their life, children grow up rapidly. In terms of height and weight, your child may grow at a different rate compared to other children; this is nothing to worry about. Ethnic background, nutritional intake and the height of their parents all contribute to differences in a child's size and development. By regularly monitoring your child's height and weight, your health care provider will be sure that he/she is following a normal pattern of growth. As a parent, you can help by making sure your child gets all the nutrients he/she needs through a varied and healthy diet.

Hearing and vision

Any concern about your child's hearing or vision should be taken to your health care provider right away. Slight problems may be hard to identify, but early identification can help your child reach their full potential in the future.

Teeth or dental care

As well as helping with overall well-being, a nutritious diet can lead to good dental health. This is a great age to start a dental hygiene routine; paired with a balanced diet, this will help to form good habits at a young age.

Vaccination

This is an important age to protect your child through the use of vaccines. Vaccines will shield your child from many potentially serious infectious diseases.

TOPIC 2

Safety

Risks inside and outside the home

At this age, children are often unpredictable and unaware of the dangers around them. Parents know how important it is to protect their children from accidents inside and outside the house. It's difficult to put yourself in the shoes of your toddler; therefore, it can be hard to understand what the real risks in his/her environment are. Awareness of common hazards or changes in behaviour can make a huge difference in your child's safety from both immediate injuries and long-term damages.

By knowing and following a few rules, you can ensure your child is safe. Playing, eating and bathing can be secure and fun for children and adults.

Car safety

There are many common situations that parents should be aware of, especially safety in the car. Choosing the right car seat for your child's size and installing it properly can reduce the likelihood of injury or death by 75%.

Second hand smoke

The risks of smoking are well documented, but the risks of second-hand smoke for children are often underestimated. It is a parent's responsibility to make sure the air their child breathes is safe.

Toxic Exposure

Your child might become exposed to dangerous chemicals in many different ways. Medicines or household items like detergents need to be stored safely and away from a curious child's reach. Know how to contact your local Poison Control in the case of an emergency. There are some toxins that may occur in the home environment - like radon gas or lead. Other toxins might be outside the home, like pesticides or air pollution. Making yourself aware of the various risks will contribute to a safer environment for your child.

TOPIC 3

Parenting & Healthy Habits

Self-care strategies for parents

Parenting can be stressful enough on its own. Trying to balance your parental duties with your other responsibilities can be overwhelming. Besides

organizational plans, parents should learn some self-care strategies, and be able to fall back on the support of relatives, friends or counselling services when needed. While your child grows, your daily routine will most likely change as well; they will stop using pacifiers, bottles and diapers at around this age. Not every child adapts easily to these new routines. Knowing what you should expect, what to do and what you should avoid will reduce stress so you can enjoy this exciting time in your child's life.

Healthy habits for children

You're in charge of setting daily routines in order to foster your child's healthy development. Sleep is incredibly important for a child's brain development; knowing how much sleep he/she needs and the tell-tale signs that he/she is overtired is vital. You can learn activities that will promote and ensure your child's physical and mental well being (such as being active, reading, etc.). These healthy habits will not only have an impact on them in the present, but also enhance their development in the future.

TOPIC 4

Motor & Language Skills

Motor skills

This is an exciting age. Your child will start exploring the world around him/her and be learning new skills at an incredible pace. According to their temperament, children vary in activity levels and adventurousness; either way, you can help develop his/her motor skills by making your home a safe place to explore and experiment. While supervising, let your child do simple activities on their own. Watch them try and eat with a spoon, or remove their hat and socks. This can be both entertaining and rewarding, as they develop comfort with their new skills.

Language skills

Children of this age can understand most of what you say; through listening to you they are absorbing both vocabulary and grammar rules. 18 months is the age where many children experience a "language explosion", going from saying very few words to almost saying a new word every day. They will still use a lot of gestures with their words to communicate their desires and feelings. It's essential for parents to encourage and praise their efforts.

Reading to your child

As a parent, you can improve your child's learning potential simply by making books a part of your lives. Reading to your child helps you form a stronger relationship through this nurturing, one-on-one activity. In addition to basic speech skills, your child will learn how to read a book, acquire logical thinking skills, enhance their concentration, and learn that reading can be fun.

TOPIC 5

Social & Emotional Development

Wide-ranging emotions

At this age, your child will be going through some important changes in their needs, moods and emotions. As they continue to explore and test their boundaries, toddlers can go from being fiercely independent to very anxious in a heartbeat. As a parent, you can support your child by being a stable presence as he/she discovers his/her limits. Negative attitudes and behaviours will naturally occur. Your reactions can show your child how to properly handle his/her feelings.

Changes in interests

It is perfectly normal for children to take stronger interest in certain toys or activities than in others. That being said, some may show an excessive fixation on some unusual behaviour. If that is the case, don't be afraid to talk to your healthcare provider about your worries.

Socialization

During this stage in development, children often become more interested in their peers. Often, they will need time and guidance to learn the importance of sharing and playing together. Creating opportunities for your child to interact with others their own age is vital for their social development. In most communities, there are many affordable places (such as libraries, playgrounds, play centers etc.) that help promote social interaction.