

## Rourke Baby Record Well Child Information

Parents often wonder about their child's health, leading to the frequently asked question: "Is my child healthy and growing normally?"

These information sheets outline normal and healthy growth and developmental milestones, and common health topics for your child.

Due to space constraints, some messages are repeated at several ages while others appear only once. Read the complete set of sheets to obtain the entire information.

The Rourke Baby Record (RBR) is a guide that many Canadian doctors and other healthcare professionals utilize for well baby and child visits for infants and children from 1 week to 5 years of age. Its website, [www.rourkebabyrecord.ca](http://www.rourkebabyrecord.ca), includes forms for charting well baby visits and related resources for parents and for healthcare professionals.



### Resources

You can visit the RBR Parent Resources website ([www.rourkebabyrecord.ca](http://www.rourkebabyrecord.ca)) for additional help to answer questions that you may have about your child.

For more information on your child's health, the top 5 websites cited by the RBR Parent Resources are:

1. Canadian Pediatrics Society – Caring for Kids ([www.caringforkids.cps.ca](http://www.caringforkids.cps.ca))
2. Hospital for Sick Children – About Kids Health ([www.aboutkidshealth.ca](http://www.aboutkidshealth.ca))
3. Parachute - formerly Safe Kids Canada ([www.parachutecanada.org](http://www.parachutecanada.org))
4. Dietitians of Canada ([www.dietitians.ca](http://www.dietitians.ca))
5. Health Canada ([www.hc-sc.gc.ca](http://www.hc-sc.gc.ca))

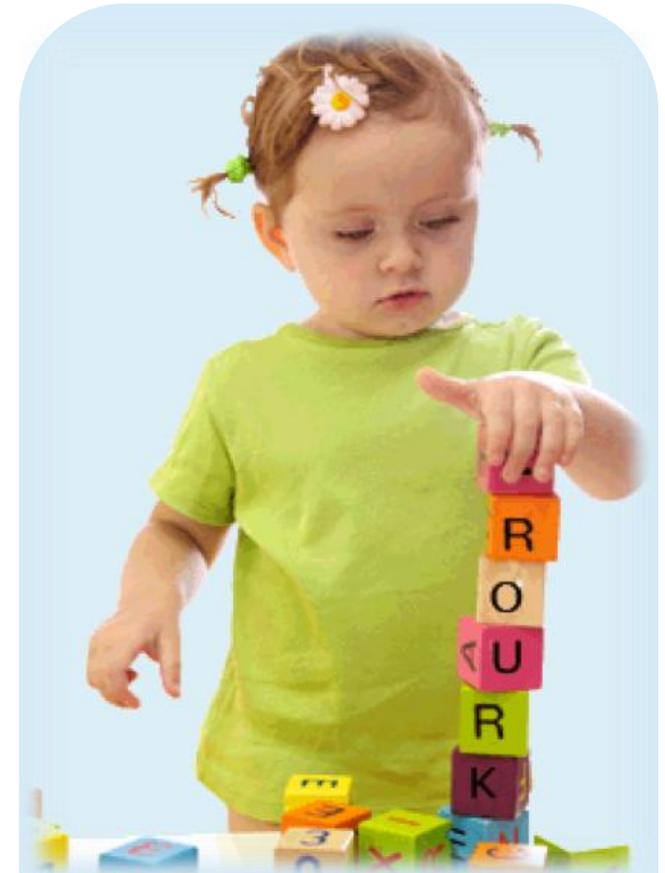
### Support and Acknowledgements

The RBR Parent Resources website and this series of information sheets have been created by Laura Butler, BSc, Memorial University of Newfoundland (MUN) Medicine Class of 2014, and the RBR authors (Drs. L. Rourke, D. Leduc and J. Rourke). Two MUN Summer Undergraduate Research Awards, and MUN Professional Development and Conferencing Services have supported these projects. Evaluation project by Dr Aimee Holla, MUN FM Resident.

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As evidence-based information is constantly changing, the Rourke Baby Record and these recommendations should be used as a guide only.

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Rourke Baby Record

Well Child Visit

Information about your  
child who is:

18 Months Old

## 18 months

### Feeding & Growth

- You can continue to breastfeed your child until 2 years and beyond.
- Your child should be drinking from an open cup. The use of bottles is not recommended at this age.
- At this age, he will drink about 500 to 750 mL (16 to 24 oz) of homogenized milk per day.
- Avoid sweetened liquids or fruit juices as they can cause tooth decay, overweight, or diarrhea, and can take the place of healthy foods. Satisfy her thirst with water.
- You can give your child honey after 1 year of age.
- Because your child is not growing as rapidly now, she will want to decide how much and what she wants to eat. This may be less than what you expect.
- To prevent choking, avoid small, round, hard, smooth and sticky foods until 3 years of age.

### Preventing Injuries

- As your child grows, continue to childproof your home. Lock away all medications and cleaning products. Cover electrical outlets and tape down cords. Secure TVs and furniture to prevent them from tipping over. Use window guards and stair gates. Find the hazards before your child does. Have Emergency numbers handy. Use safe toys for your child's age, and remove loose parts and broken toys to prevent choking.

### Development

- At 18 months, your child should:
  - Point to several body parts.
  - Turn and respond to his name.
  - Look for a toy when asked or pointed in direction.
  - Point to what he wants.
  - Try to get your attention to show you something.
  - Imitate speech sounds and gestures.
  - Say 20 or more words. Words do not have to be clear.
  - Produce 4 consonants. E.g. B,D,G,H,N,W.
  - Walk alone.
  - Feed himself with a spoon.
  - Removes his hat or socks by himself.
  - Usually have manageable behavior.
  - Usually be easy to soothe.
  - Come for comfort when he is upset.
  - Be interested in other children.
- Continue reading to your child and let her hold the book and turn the pages. Limit TV, video and computer time to allow more time for reading and for physical activity.
- Play games with singing, rhyming, clapping. Use actions when giving instructions.
- Make sure he has times to socialize and play with other children.
- Report any concerns about your child's development, including her hearing and vision, to her physician or other healthcare professional.

### Other Advice

- Do not use over the counter cough/cold medications.
- Within 6 months of your child's first tooth, or after 1 year of age, take him to his first dental appointment.
- You should wean your child from her pacifier at this time.
- Some children are ready to begin toilet training at 18 months of age; however many will not be ready until 2 - 4 years of age. Signs that your child is ready to potty train include an interest in toileting, telling you when he needs to use the toilet, and the ability to balance or walk.
- It's normal if your child cries or fusses when you leave her in her crib for the night. Keep your bedtime routine consistent and predictable, and allow her to find ways of comforting herself to fall asleep on her own.
- Having a healthy lifestyle yourself with healthy eating and physical activity will provide a good role model for your child.
- Warm, consistent and responsive discipline techniques are associated with positive behavior outcomes. Praise good behavior.

### Vaccinations

- After the vaccinations, your child may have no reaction, or may be fussy or sleep more or less than usual. He may have a mild fever or a little redness or swelling where the needle was given. If needed, you can give him acetaminophen. Call your doctor if his fever reaches 40C (104F), if he is crying/fussy for more than 24 hours, is unusually sleepy or unresponsive, or has swelling at the needle site that is worsening.