



18 Months



Nutrition

- Appetite may still vary greatly day to day.
- Picky eating is common at this age.
- Continue offering food consistently.
- Repeated exposure helps acceptance.
- Keep juice limited.

Helpful Approach

- Offer 3 meals and 2 to 3 snacks daily.
- Let your child decide how much to eat.
- Avoid pressure and food battles.
- Continue variety when possible.



Behavior & Emotions

Toddlers feel deeply and regulate slowly. Tantrums are common at this age.

Helpful strategies:

- Stay calm and consistent
- Use simple, steady limits
- Redirect when possible
- Offer choices when appropriate
- Praise positive behavior

Connection matters most.



Sleep & Routine

- Most toddlers now take one daily nap.
- Many sleep 11 to 14 hours in 24 hours.
- Consistent bedtime routines often help.
- Sleep disruptions may happen during growth.



Vaccines & Screenings

Recommended vaccines or screening tools may be discussed today, based on schedule. We are happy to answer questions.



Development

Many children may begin to:

- Use more words
- Follow simple directions
- Run or climb
- Point to body parts
- Copy daily routines
- Show affection
- Assert independence

Milestones happen on a range of timelines.



18 Months



Toilet Learning

- Many toddlers are not ready yet at 18 months; readiness matters more than age.
- Gentle exposure is great; avoid pressure.

Signs of readiness may include:

- Interest in the potty
- Staying dry longer
- Awareness of diapers
- Following directions



Teeth & Oral Care

- Brush twice daily with fluoride toothpaste.
- Continue regular dental care.



Safety

- Watch stairs closely
- Lock cabinets
- Anchor furniture
- Supervise water use
- Keep hazards out of reach



Play & Learning

Language growth is significant at this age.

- Words often increase quickly now.
- Understanding usually grows before speaking.
- Reading and talking together is very helpful.

Try these fun activities:

- Helping with easy tasks
- Stacking toys
- Naming objects
- Reading books
- Songs and movement
- Pretend play



Upcoming 24 Month Visit

We often discuss:

- Preschool readiness
- Sleep changes
- Behavior & boundaries
- Language growth
- Toilet learning progress



When To Call Us

- Major feeding difficulties
- Significant speech concerns
- Persistent sleep struggles
- Regression in skills
- Anything worrying you