



18 MONTH WELL CHILD CHECK

Kapa'a Pediatrics

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After Hours Pediatrician

On Call: (808) 245-1831

New Milestones!!!

- Speaks 6-15 words
- Speaking more clearly
- Points to indicate wants
- Points to 1 body part
- Walks up steps and runs
- Stacks 2 or 3 blocks
- Scribbles
- Follows simple instructions

Parenting

- **Temper Tantrums:**
 - Often due to frustration or attention seeking behavior
 - Make sure child is in a safe place
 - Ignore attention seeking behavior
- **Discipline:**
 - All care givers should be consistent
 - Praise good behaviors
 - Provide positive distractions
 - Prevent conflict/tantrums by "toddler proofing" home
 - Say "no", and then physically remove your child from the dangerous situation
 - Do not yell or spank
- Enjoy daily playtime with child
- Encourage your child to play with other children

Things to look forward to:

- ✓ Imitating adults
- ✓ Putting 2 words together
- ✓ Naming body parts
- ✓ Throwing ball overhead
- ✓ Having temper tantrums

Feeding

- Around this age kids will often graze instead of eating 3 big meals
- **Parents decide what and when food is served; kids decide how much and whether or not to eat**
- We do not recommend cow's milk, but if you insist then transition slowly to whole milk 0-6 ounces per day
- Offer a variety of healthy foods each day (fruits, veggies, yogurt, cheese, meat, fish)
- NO foods or drinks with added high fructose corn syrup or sugar
- Choking: it is very rare to have a serious choking episode but these foods are high risk
 - Chunks of meat
 - Hard or sticky candy/gum
 - Popcorn
 - Hot dogs
 - Whole grapes
 - Carrots (Raw)

Healthy Habits

- Brush your child's teeth 2 times per day with water and a small rice grain size of Fluoride adult toothpaste, do NOT rinse mouth after brushing
- Always use sunscreen, at least SPF 30
- Continue 1-2 naps per day
- Continue bedtime routine
- No TV, movies, or video games
- No smoking: call The Hawaii Tobacco Quit Line for help 1-800-QUIT-NOW (1-800-784-8669)

Ready for Toilet Training?

- Is your child ready?
 - Dry for periods of about 2 hours, and knows when wet
 - Can pull pants up and down
 - Can indicate bowel movement
- Read books about using the potty
- Praise attempts to sit on the potty

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Toddler Tips

How did they get that!!! Here are 4 common illnesses that Kapaia Pediatrics can manage over the phone to save you a trip to the doctor's office.

1. **Stomach Flu (Vomiting and Diarrhea):** after a few questions to make sure that nothing more serious is going on we can prescribe a medicine to stop the vomiting!
2. **Hand Foot and Mouth Disease:** fever, sores in the mouth, red spots and blisters on the hands and feet. Unfortunately this is caused by a virus and there is no treatment.
3. **Pin Worms:** Pin-X (treatment) can be bought over the counter. Call us to get pointers on how to disinfect the house and how to use the treatment correctly.
4. **Ukus (head lice):** call us at anytime for pointers on how to get rid of Ukus.

What bit my kid?!? Insect bites often cause a lot of anxiety but are almost always harmless. Keep these pointers in mind if you are worried about infection.

1. Infection RARELY occurs in the first 48 hours. Redness and swelling that is itchy but NOT tender in the first 48 hours is almost never an infection.
2. Any increasing redness and swelling that occurs AFTER 48 hours is a sign of infection!
3. Spider and Centipede (very painful) bites have a higher risk of getting infected.

BURNS! There is a good chance your child will get a burn during their first few years of life. Remember the following tip, for almost EVERY type and degree of burn the best thing to do is IMMEDIATELY put the burn under cold running water for 10-15 minutes. Do this BEFORE calling your doctor.

SAFETY

- **BATTERIES and MAGNETS!** If your child swallows any battery or magnet it can be extremely dangerous and it is a medical EMERGENCY!!! Keep them out of reach, think about small electronics that have small circular batteries.
- **Home Checklist:**
 - Stairs blocked off with gates
 - Electrical outlets have safety inserts
 - Small objects kept out of reach
 - Cleaning products locked away in cabinets
- **Windows:** severe injuries can occur when kids fall through windows, move couches and chairs away from windows. Check screens and place window guards if necessary.
- **Car seats:** use rear facing car seat in back seat until at least 1 years old AND 20 pounds. If your child is happy rear facing we recommended leaving them rear facing until 2 years as it is MUCH safer for the head and neck. Never put baby in front seat with passenger air bag.
- **Prevent drowning:** always be within arm's reach near water. Never leave baby alone in tub or near water.
- **Avoid burns:** set hot water heater to 120° max
- **Poison Control Center:** 1-800-222-1222

Dr. Lam's Top 5 Parenting Priorities

1. Be present: spend twice as much time and half as much money on your child
2. Healthy foods makes healthy kids: continue to work towards a whole food plant base diet for your child
3. Sleep is your friend: have a strict nap and bed time routine from ages 1-5 years old
4. Reading Rules: read at least 2 times per day to your child and let your child see you reading every day
5. Media OFF, Exercise ON: no media until 2 years of age, when you fix the media problem, you will no longer have an exercise problem



Don't forget to check out our Website! ☺

www.kapaapediatrics.com

Common pediatric illness, common medication dosing charts, vaccine information sheets and more!