

**DISCIPLINE:** There are things I would like to do that you may not want me to. Be creative. For example, if you do not want me to pull the flowers off your plants, allow me to pick the dandelions, or if you do not want me to pour my milk onto my plate, let me pour water from cups in the bathtub.

**ESPECIALLY IMPORTANT!!** Do not forget to give me hugs and kisses during the day when I am due for one. Tell me when I am being good because it helps me to like myself. When I learn to like myself, then I will like and treat other people nicely.

**IMMUNIZATIONS:** I will be getting my booster DPT, HIB, and Polio vaccines today.

My dose of fever reducing medicine is:

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Dear Mom and Dad,

At my age it is really hard to know how to behave when I feel mad. Since you are my parents and my most important teachers, you need to teach me how to handle my anger. Therefore, when you are mad about something I do, don't hit me. That only teaches me that when I am mad about something you do, I can hit you. I really want to live in a less violent world, so you need to teach me how to be less violent. Remember to hug and kiss me when I am being good. If I feel loved and good about myself, I will want to share that feeling with you and others around me.

**My next visit to the clinic should be:**

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I am  
Eighteen  
Months  
Old

TEEN



TOT  
CLINIC

Milwaukee Adolescent  
Health Program  
277-8900

Age \_\_\_\_\_

Weight \_\_\_\_\_

Height \_\_\_\_\_

**Here are a few things I can or will soon be able to do now that I am 18 months old:**

- walk
- run
- kick a ball
- build a tower of 8 blocks
- point to parts of my body, such as my eyes, ears, nose, tummy, feet
- help you get me dressed
- say “mine” for things that belong to me
- show anger when I don’t get something I want
- use 3 word sentences
- cry when you leave me
- do things you ask me to do, like “wash your hands”, “put this into the garbage”, etc.
- Play NEXT to children, not WITH them

**PLAYING:**

**Here are some things you can do with me:**

- read books to me
- help me put together puzzles with large pieces
- sing songs or nursery rhymes with me
- allow me to play in a sandbox
- offer me riding toys or tricycle
- play “find your eyes...” with me

**FEEDING:** Have me eat my meals with the family. Have healthy food choices ready for snacks. I am beginning to use a spoon pretty well now.

**SLEEPING:** I am sleeping between 10-12 hours at night and probably taking only 1 nap per day. I may begin showing some fear of the night or the dark, so try using a night light. Keep my bedtime routine the same; like, reading to me, saying a prayer with me, then giving me my favorite stuffed animal or blanket each night before I go to bed.

**SAFETY:** Since at this age I take a lot of risks, take time to teach me what is and is not safe, so I don’t hurt myself. Do not allow me to walk or run with pointed, sharp, or glass objects that would hurt me if I fell. Always place me in my car seat when I am riding in any car and use it until I weigh 40 pounds.

**DISCIPLINE:** Temper tantrums usually happen when I am not allowed to do or get something I want. When I have a tantrum, try to ignore them. Walk away. Staying around and trying to calm me down makes me tantrum more and may cause you to give in to me. Giving in to me only tells me to kick and scream longer or louder the next time I want something.