

The background is a light blue monochromatic botanical illustration. It features various plants, including a large daisy-like flower with a central disk, a bell-shaped flower, and several stems with small, needle-like leaves. At the top, there are faint handwritten annotations in a cursive script, including "12. Anthemideae".

18 month WellChild

A NATUROPATHIC GUIDE
TO WHOLE HEALTH

Read before printing!

This well child guide is intended to be printed in black & white, front-to-back. (Thus the empty pages.) To skip the blue cover and this page simply print pages 3-11, and set your printer to 2-sided. To skip the large black and white image simply print pages 5-11 and set your printer to 2-sided. We highly recommend printing this guide and placing it in a three-ringed binder to serve as your child's health binder. You can also store growth charts, immunization records, and other relevant health records. There is ample room to take notes, write your child's milestones, and keep track of your child's growth.

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18 month WellChild

naturopathic pediatrics





18 month well child guide

Development:

18 month toddlers typically

- Can get onto small chairs without help
- Can walk up stairs while holding on with one hand
- Can build a tower of 2-4 blocks
- Can turn 2-3 pages of a book at a time
- Can use a spoon and cup and help feed herself
- Can imitate scribbling
- Can say at least 10 words
- Identify at least one body part
- Understand, point to, and identify common objects
- Begin to want to “own” people and objects. (Often say “my” or “mine”)
- Have separation anxiety
- Show affection
- Play simple pretend, like talking on a phone or playing with a doll
- Point or talk to get the attention of others

Behavior

- At 18 - 24 months toddlers are working hard to assert their own independence! Your toddler may be insistent upon accomplishing a task by themselves.
- Most toddlers like to interact with other children, but do not yet understand how to share or play cooperatively.
- Many toddlers use the word “NO” frequently, particularly if they hear the word a lot.
- Toddlers love routines, and may become cranky or confused if their daily rhythm is disturbed (i.e., on vacation).

When to be concerned:

Speak with your child’s physician if your child:

- Doesn’t point or gesture to show things to you
- Can’t walk
- Doesn’t copy others
- Doesn’t make eye contact
- Doesn’t learn new words
- Doesn’t have at least 6 words
- Doesn’t notice or seem to care if a caregiver leaves
- Has unusual repetitive behavior like flapping hands, wiggling fingers, rocking back and forth, or repeating the same sounds
- Loses skills he once had

Sleep

At 18 months toddlers typically nap once per day. Most toddlers at this age are sleeping through the night. If you are struggling with nighttime or naptime sleep please ask your physician for sleep tips.

Play

Encourage your child to play and explore different environments. Show your child how other children are playing, but don’t expect your child to play cooperatively yet.

Some great play ideas:

- **Nature Walks!** Pinecones, grass, sand, rocks, leaves and sticks are all free and very exciting play toys for toddlers.
- Story time at the library
- Parenting groups with similar aged children
- Children’s museums, science exhibits, farms/zoos, natural history museums and more.

Discipline

Discipline simply refers to using methods to prevent future behavior problems in children. Discipline is teaching children knowledge or a skill to make them healthier, happier children (and future adults).

No one should tell you HOW to parent your child. Make decisions based on what you think is best for your child.

At 18 months children are starting to understand the concept of discipline. **Remember the goal of discipline is simply to provide healthy structure and boundaries to keep children safe and so they know what to expect.**

Discipline does not mean you need to punish your child for normal childhood behaviors (like having accidents, or forgetting to share a toy). Here are some basic tips for healthy discipline:

- **Before doing anything ask yourself - “How is my child feeling? Is there a reason why she is doing this?”** Kids can act out when they are feeling lonely, not heard, jealous, sad, or any range of emotion. Many children also act irrationally when they are hungry, thirsty, tired or need to have a bowel movement.
 - **Provide a safe environment where you can minimize the need to say “NO.”**
 - **Make the rules clear every time.** If you are going out to a restaurant or grocery store clearly state your expectations for your child’s behavior and the consequence for not behaving. Do this each and every time you go out, even if you have stated it before. (Children sometimes have selective memories!)
- pick them up! Eventually your child will learn that dropping food means there is none left to eat.
- **Don’t give in to tantrums.** Limit time-outs to no more than 2 minutes at a time. Time-outs are not effective for all children.
 - **Always follow-through on your stated consequence the very first time** your child misbehaves, or she will get a confusing message. (E.g., it’s okay to throw the ball in the house 4 times, but not 5 times.) . Remember you **MUST** make the rules clear every single day, or your child may simply not remember them.
 - **Allow for natural consequences.** Did your child drop all of his crackers on the floor? Don’t
 - **Remember that it is the parent’s job to set boundaries and the child’s job to push boundaries.** Do not be surprised when your well-mannered child breaks rules on purpose. He is just checking to see if the rule is still there!
 - **Praise your child for good behavior.**
 - **There are many great parenting books!** Find one that matches your parenting style.

Safety

- **Children should be accompanied at ALL times when they are in or near water.** Drowning* can occur in only a few inches of water, and can happen very quickly. Keep your child away from the toilet and bathtubs. Use a toilet seat lock if necessary.
- Do not allow your child to ride on tractors or lawn mowers, these are frequent sites of accidents.
- Know how to reach Poison Control Center
- Assess your home for fall risks like unsecured windows, stairs or furniture that can be climbed on. Fix these immediately! Children can be crushed by bookshelves or dressers that tip over; always fasten furniture to the wall to avoid injury.
- **Continue a rear-facing car-seat until at least the age of 2, or beyond!** Only switch your child forward-facing when she outgrows the limits of her rear-facing carseat.
- Use only shoes with a flexible sole. Avoid rigid-soled shoes, as these make it difficult for your toddler to develop the muscles needed for walking.
- **Check your smoke and carbon monoxide alarms.**
- Teach your child that the oven and stove is hot.

Diet

Continue to offer 3 meals and 2 snacks per day, with plenty of water. Remember that appetite of your toddler typically diminishes between 12 and 24 months of age. Children often become picky eaters,* and will frequently refuse foods that they previously enjoyed. Don't worry! With encouragement and modeling good eating behaviors many children will eventually start eating good, nutritious foods again.

Set an example by eating healthy foods yourself and by showing your child what a healthy plate looks like. We like version from the Harvard School of Public Health called the Harvard Healthy Eating Plate.

Calcium*

Toddlers require around 800 mg of calcium per day to ensure proper bone development. Children have a higher need for calcium than adults as their bones are growing quickly. We recommend 3 servings (4-6 ounces) of milk or milk substitute to ensure adequate calcium intake. Many children have lactose intolerance or milk protein intolerance. If this is your child you can give milk substitute like hemp, almond, rice, flax, or other milk. Sweetened hemp milk is the most nutritionally similar to breastmilk! If your child does not like milk substitute you can still ensure good calcium intake by giving foods like almonds, teff, sesame, tofu/soy (in moderation), sardines or canned salmon, or a variety of greens like collard greens, dandelion, rhubarb, cooked spinach, bok choy, and more.

We highly recommend checking your child's vitamin D level if your child cannot consume enough calcium through foods or milk. Vitamin D helps calcium absorption and metabolism. There is now good research that vitamin K2 also helps bone formation, so we often recommend supplementing with a combination Vitamin D/K2 product.

Excessive milk intake can cause iron-deficiency anemia, so we highly recommend limiting milk intake to 3 servings per day.

Diapers

Children should have a bowel movement approximately every day. It should be mushy or formed, easy to pass, and should not cause pain. Constipation* is common in toddlers - contact your physician your child is struggling to have a bowel movement (poop).

Your child may show interest in the toilet! In most cases, however, children are not truly ready for toilet training until 2-3 years of age. We recommend waiting until your child shows signs of readiness.

What you may be feeling

Frustrated? Toddler temper tantrums are extremely common and sometimes unpredictable, and they can lead parents to feel frustrated, angry, sad, or overwhelmed. **Again, tantrums are a normal part of childhood development.** Children naturally test the limits of their parents! Continue to provide good, healthy boundaries for your child/children. **Continue to provide consistent discipline (see above).** Many children “check” the boundaries of their parents by misbehaving in similar manner simply to confirm that the rule/s still exist. **Healthy boundaries help children feel safe.** Punishments or rewards should be exactly the same for the same behaviors, and should not vary depending upon how the parent feels! Again, remember it is normal to be frustrated by your child’s behavior.

Tired? Toddlers are on the move! You may feel like you’re running around constantly trying to keep up with her. Remember to take a good quality multivitamin (we recommend a prenatal vitamin for Moms), and speak with your naturopathic physician about some adrenal support.

Vaccines*

Again, we want to make it clear that we support families regardless of whether/how they choose to vaccinate. It is our goal to provide unbiased information on vaccines to allow parents to make a choice they feel good about!

Many vaccines between the ages of 12-24 months are advised to be given within a range of ages, rather than on specific dates. This means your toddler may need no vaccines at 18 months, or may need several vaccines, depending upon what was previously given. The Advisory Committee on Immunization Practices recommends the following vaccines:

- **DTaP** between the ages of 15-18 months.
- **Hepatitis A** (a 2-dose series) between the ages of 12-24 months.
- If not previously given the 3rd dose of **IPV** (Polio) or **Hepatitis B** can be given now.
- ACIP also recommends the **seasonal influenza** vaccine to be given annually during flu season.

Check off which vaccines were given at this visit for your records (circle which leg).

DTaP R / L

IPV R / L

Hepatitis A R / L

Seasonal influenza R / L

Hepatitis B R / L



Coming up...

What to expect from your toddler between 18 months and 24 months:

- He will probably begin to say short sentences with 2-4 words.
- Will begin to sort shapes and colors.
- May learn to sing simple songs, even on her own.
- Will be able to name his own body parts.
- Will be walking, running, and standing on tiptoes

My child's milestones:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Topics listed with an asterisk (*) have more information published on www.naturopathicpediatrics.com. Simply type the underlined phrase into the search box to find additional articles.



**Spotlight
on:**

Matricaria recutita

Common name: Chamomile

Part used: aerial parts (flowers, typically)

Medicinal constituents: sesquiterpenes, volatile oils, flavonoid glycosides

Use for: Chamomile is the classic children's herb. It is slightly bitter, which some children find unpalatable. This bitter quality can help stimulate digestion. Otherwise it has a nice fruity flavor which blends well with other mint-family herbs (like lemon balm or peppermint).

The volatile oils in chamomile can help ease intestinal gas, making this herb ideal for infant colic or childhood stomachaches. It can help relieve mild-to-moderate fevers without artificially suppressing them. It is a nice mild anxiolytic, which means it can be used for insomnia and when children are anxious or disturbed by their illness. A gargle can be used for sore throats, tonsillitis, or to help with periodontal disease or gingivitis.

Typical dose recommended by herbalists**

Age/weight	Dose	Form
Adult (approx 150 lbs)	Acute: 3-5 ml tincture or glycerite every 2-3 hours up to 5 times daily as needed for acute anxiety or pain. Chronic: 3-5 ml three times daily for chronic use (up to 2 months.)	Tincture: 1:1 - 1:3 in 45-70% alcohol or Glycerite 1:2 - 1:5 in glycerine. Tea 1 tablespoon per cup hot water, steep covered 15 min.
75-100 pounds	Acute: 2-4 ml tincture or glycerite. Chronic: 2-4 ml.	
35-75 pounds	Acute: 0.75-2.5 ml glycerite. Chronic: 0.75 - 2.5 ml	
20-35 pounds	Acute: 0.4-1.25ml glycerite. Chronic: 0.5 - 1.25 ml	

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