

18

Eighteen Month Visit

This visit heralds the age of symbolic play. We recommend you engage your child in whatever area he chooses. Never underestimate the power of play. Through play, your child is learning social skills, language skills, and problem solving.

What should my eighteen-month old be doing?

All babies develop at different rates. Please do not be discouraged or worried, if your child has not achieved the following milestones by 18 months.

At this age, your child should:

- Walks proficiently
- Runs awkwardly and falls a lot
- Speaks 7 – 20 words and wants to name everything
- Knows parts of the face
- Responds to simple requests “bring me that toy”
- Likes to show independence and responds with “no” frequently
- Enjoys imitating parents and begins to eat with a fork

When should I move my toddler out of the crib?

Once your child is about 3 feet tall or can climb out of the crib, it is time to introduce a toddler bed. Typically, this occurs around eighteen to twenty-four months.

Here are some helpful tips to make the transition a little easier:

- Let her be involved in picking the new bed
- Put the new bed in her room for a few weeks before the transition period
- Start the bedtime routine in the toddler bed and then if she wants, move her to her crib for sleep
- let her take day naps in the toddler bed
- transfer security objects from the crib to the bed
- Put the new bed in the position that the crib used to occupy
- Refrain from making the switch during a high stress time

What vaccines and/or screening tests should I expect at this visit?

At this visit your child will receive the [Dtap](#) and [Hib](#) vaccines. You will also be asked to fill out a questionnaire about your child's development called the MCHAT which is an autism screen. If the season is appropriate, your child may also receive the [Influenza](#) vaccine.