

18 Month Child Checklist



NUTRITION			
Does your child...?	Yes	No	Some-times
Breastfeed or get any breast milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get enough vitamin D?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sit with you at the table?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decide how much or how little to eat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat food from 3 of the 4 food groups at each meal and 2 food groups at each snack?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tips for Healthy Growth and Development

- Breast milk even in small amounts is best for me until I am 2 years or older.
- If I drink cow's milk, offer me full fat milk and limit to 500-750 mL a day.
- I need 600 IU of vitamin D each day, from food and/or supplement.
- I learn to eat by eating with you.
- Offer me a meal or snack every 2-3 hours.
- I may need to see a food many times before I will try it – don't force me!
- Offer me foods from 3 to 4 food groups from Canada's Food Guide.
- Include iron-rich foods like meat, fish, eggs, cereal or beans at every meal. Offer me foods from the 4 food groups of Canada's Food Guide.

VISION AND HEARING			
Does your child...?	Yes	No	Some-times
Have healthy eyes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seem to hear well?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have healthy ears?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


Tips for Healthy Growth and Development

- I need my vision checked when I am 3 years old.
- No TV, DVD, video, computer time or other screen time before 24 months of age.
- Hearing can be tested at any age.
- I should see my doctor and have my hearing checked if I have more than 3 ear infections in a 6 month period or if I have any drainage from my ears.

HEALTHY SMILES			
Does your child...?	Yes	No	Some-times
Have healthy snacks that do not stick to teeth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink only water between meals and snacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visit the dentist?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have their teeth brushed 2 times each day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tips for Healthy Growth and Development

- Limit sweet or sticky snacks.
- Offer me milk at meals and water for thirst. I don't need juice or other sweet drinks – they fill me up and can lead to tooth decay.
- Lift my lip to check for tooth decay. I need to see a dentist regularly as tooth decay can spread quickly.
- You need to brush my teeth for me with a small amount of fluoride toothpaste (the size of a grain of rice).

BEHAVIOUR				
Does your child...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Have any behaviours that you find hard to manage?				<ul style="list-style-type: none"> I play best by myself. I have not learned to share yet. Talk to me calmly about emotions when I have a tantrum. I still may wake at night.
LIFESTYLE				
Does your child...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Live with or spend time with anyone who smokes?				<ul style="list-style-type: none"> Keep me smoke-free. I don't want to get pneumonia, bronchitis, colds, ear infections, sore throats, or worsening asthma.
Live with or spend time with anyone who vapes?				<ul style="list-style-type: none"> Keep me away from the e-juice. It can smell great like blueberries or bubble gum, but can contain enough nicotine to poison me or my pet. Prevent burning me. E-cigarettes look cool but they burn hot. Keep the vapour away from me. It has chemicals that aren't good for me like formaldehyde, heavy metals as well as nicotine which is bad for my brain.
SAFETY				
Is your child...?	Yes	No	Some-times	Tips for Healthy Growth and Development
In a safe place if you leave the room?				<ul style="list-style-type: none"> I need a safe, interesting place to explore and grow. Sleeping in my crib or my own bed is safest for me. Keep me in my forward-facing car seat until I am at least 40 pounds. Booster seats are for kids who weigh at least 40 pounds and can use an adult lap belt. 
Placed securely in a car seat?				
PHYSICAL LITERACY				
Does your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Enjoy being active?				<ul style="list-style-type: none"> The desire to be active for my whole life starts at this age You are my role model – I will learn to love movement when you show me how much fun we can have moving together, for example: dancing, chasing a ball, water play. Moving lots everyday will help me be happy, relaxed, alert, and attentive
Get time to move with you?				

Definition of Physical Literacy - Physical Literacy is the ability, confidence and desire to be active for life.

If you have questions or would like more information, contact your Public Health Unit or call 8-1-1 to speak with a nurse, dietitian or pharmacist. Information is also available in your Toddler's First Steps book online at www.healthlinkbc.ca/toddlers-first-steps