



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

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Dr. Hall's 18 Month Old Well Baby Check-up

Weight: ___lbs___oz (___%)
Height: _____in (___%)
Head: _____in (___%)

Thank you for choosing us as your child's Primary Care Provider. We look forward to serving you and your baby. Below you will find some helpful information.

IMMUNIZATIONS

Your toddler will not receive any vaccines today unless he/she is not up to date (Flu vaccine will be offered seasonally).

DEVELOPMENTAL MILESTONES



- Uses 7-10 words or jargons
- Points to several body parts
- Follows commands without gestures
- Walks well, stoops, recovers and runs
- Scribbles spontaneously
- Uses a cup and utensils
- Uses spoon, cup
- Throws a ball
- Builds a tower of 3-4 blocks

THINGS TO DO

- Complete any delayed vaccines.
- Schedule 2 yr old well child check.
- Schedule your child's first dental visit.



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NUTRITION

SUGGESTED DIET

Choose your child's foods from the basic four food groups.



* Milk/Dairy: 16 ounces every day. To get the same calcium as one cup of milk, you can substitute 1 ½ slices of cheese or 2 (1 inch) cubes of cheddar cheese. Avoid 2% or skim milk until 2 years of age.

* Meats: 2-3 servings every day. Serving size is 1 oz (2 tablespoons). Substitutes for the protein of 1 oz of meat are 2 tablespoons of peanut butter, 1 ounce of cheese, or ½ cup cooked dry beans or peas.

*Fruits and Vegetables: 5-9 servings every day. Serving size is ½ small fruit or ¼ cup fruit or vegetable. 4-6 ounces of fruit juice is one serving.

*Bread and Cereal: 5-9 servings every day. A serving size is ½ slice of bread or ½ cup of cereal. Serve whole-grain or enriched breads and iron fortified cereals. Substitutes include: roll, biscuit crackers, cornbread, macaroni, spaghetti and cooked cereals.

Continue to avoid foods like nuts, hard candy, hot dogs and raw, stringy vegetables as these are still choking hazards. Establish an eating time with family members that is quiet, non-exciting and well-supervised. Your child should be urged to drink from a cup and use utensils. If you have not done so by now, throw away the bottle!!

Children this age are growing at a much slower pace than they did during their first year. Because of this, they may not eat as much, nor do they need as much to grow well. Don't get into battles with your child over eating. Keep servings small and try foods again at a later date. Resist those foods that can spoil your child's appetite such as desserts, sweets, punches or soft drinks.

PLAYTIME

Reading stories to your child is always encouraged. Show pictures in the books and have your child name the objects in the pictures. Avoid using talk radio or the TV as background noise; he needs to learn that talking means communicating and responding, not just chatter.

Rough and tumble play is O.K. Have your child do small chores, like picking up toys. Give simple commands with no choices (example: "Please bring me the book.") Suggested toys include plastic jars with lids to screw on, a case for carrying toys, pull toys, and toys your child can take apart and build with.



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A TODDLER'S MIND

The key to understanding your toddler lies with understanding the development of her thought processes. Here are some clues to how her bright and curious mind works:

- She has a very short memory.
- She can't think ahead about what might happen
- She can't wait for anything because she can't think ahead.
- She doesn't understand her own feelings.
- She may not understand as much as you think.
- Her use of the word "no" means she's fighting for independence.
- She plays next to, but not with, other children.

DISCIPLINE DO'S

- Ignore the undesirable behavior, if possible. She will soon see she is not getting your attention.
- If you are in a place where you can't ignore the behavior, remove her until she is calm and ready to behave properly.
- Distraction often works with younger children.
- Do not criticize her, only the unwanted behavior.
- Isolate her briefly with a "timeout:" No attention, no toys, and no fun for a minute or two.
- Praise her for good behavior.

DISCIPLINE DON'TS

Never resort to punishments that can physically or emotionally hurt your child. Spanking, slapping, beating and screaming at children of any age does more harm than good. Here are some of the reasons:

- Such actions teach your child that it is O.K. to hit and yell when she is upset.
- You could hurt your child.
- Your child will become angry with you and may look for ways to "get back" at you.
- Punishment from you is an extreme form of attention for your child. He may misbehave just to get attention, even the kind that hurts.



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SAFETY

Because they are so curious, toddlers are at high risk for accidents. Here are a few safety hints:



- Use an appropriate car seat for every ride. Never leave him alone in the car. The back seat is the safest place to place your toddler, rear-facing until age 2.
- Don't leave a chair near a railing, table, counter, stove or window where a toddler might climb and fall, pull objects down, or get burned.
- Make sure all medicines, household cleaners, and poisons are out of reach. Have the poison control number available: **1-800-222-1222**
- Outside play needs to be supervised.
- Don't smoke around your baby.
- Cover all unused electrical outlets and avoid loose or dangling cords.
- Never leave him near a bucket of water, bathtub or a wading/swimming pool; he can drown quickly in just a few inches of water.

IMPORTANT CONTACT INFORMATION

Dr. Hall's clinic: 826-7033

Monday - Friday 8:30-5:00*

Sat. 8-12 - sick visits only

VACCINE ONLY HOURS:

9-11am and 2-4pm M-F

*Office closed for lunch from
12:30-1:30

*After Hours: When you call our offices after normal hours, you will get the option of speaking to a nurse.

*WIC: 225-0213 (San Antonio area information)

*Poison Control: 1-800-222-1222

www.AAP.org

(American Academy of Pediatrics - lots of parent hand-outs/information)



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WE RECOMMEND USING:

- ✓ Methodist Children's Hospital
(7700 Floyd Curl Drive - Medical Center) for emergency room needs. Contact (210) 575-7000.

- ✓ For urgent after hours care:
Night Light Pediatrics @ 19272 Stone Oak Pkwy - contact (210)545-7581
open evenings until 11:00 pm (10pm summer)

Red Fish, Blue Fish Pediatrics @ 1207 N.
Loop 1604 W, Ste. 115, (210) 479-3474

Little Spurs Ped. Urgent Care (5 locations)
(210) 543-7334