

Rourke Baby Record Well Child Information

Parents often wonder about their child's health, leading to the frequently asked question: "Is my child healthy and growing normally?"

These information sheets outline normal and healthy growth and developmental milestones, and common health topics for your child.

Due to space constraints, some messages are repeated at several ages while others appear only once. Read the complete set of sheets to obtain the entire information.

The Rourke Baby Record (RBR) is a guide that many Canadian doctors and other healthcare professionals utilize for well baby and child visits for babies and children from 1 week to 5 years of age. Its website, www.rourkebabyrecord.ca, includes forms for charting well baby visits and related resources for parents and for healthcare professionals.



Resources

You can visit the RBR website (www.rourkebabyrecord.ca) for additional help to answer questions that you may have about your child.

For more information on your child's health, the top 5 websites cited by the RBR Parent Resources are:

1. Canadian Pediatrics Society – Caring for Kids (www.caringforkids.cps.ca)
2. Hospital for Sick Children – About Kids Health (www.aboutkidshealth.ca)
3. Parachute - formerly Safe Kids Canada (www.parachutecanada.org)
4. Dietitians of Canada (www.dietitians.ca)
5. Health Canada (www.hc-sc.gc.ca)

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As evidence-based information is constantly changing, the Rourke Baby Record and these recommendations should be used as a guide only.

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2017 Rourke Baby Record

Well Child Visit

Information about your
child who is:

18 Months Old

18 months

Feeding & Growth

- ❑ You can continue to breastfeed your child on-cue until 2 years and beyond.
- ❑ Offer 500 mL (16 oz) milk per day in an open cup. Avoid plant-based drinks (soy, rice, almond) for children less than 2 years of age.
- ❑ Avoid sweetened liquids or fruit juices as they can cause tooth decay, problems with weight gain or diarrhea, and can take the place of healthy foods. Encourage water.
- ❑ If your child is following a vegetarian diet, get advice to be sure that it is nutritionally complete.
- ❑ To prevent choking, avoid small, round, hard, smooth and sticky foods until 4 years of age. Have your child sit when eating or drinking.
- ❑ You may notice that your baby's appetite is smaller at this age. It is normal for him to gain weight more slowly now. Remember to let him eat as little or as much as he is hungry for. Never force your child to eat.
- ❑ Aim to offer 3 meals and 2 to 3 snacks at regular times during the day. Offer her a variety of foods from all 4 food groups from Canada's Food Guide.
- ❑ Be a good role model for healthy eating. Eat together as a family away from the TV or other distractions.
- ❑ Find out if your child is a healthy eater using Nutri-eSTEP at www.nutritionscreen.ca

Development

- ❑ At 18 months, your child should:
 - Point to several body parts.
 - Turn and respond to his name.
 - Look for a toy when asked or pointed in direction.
 - Point to what he wants.
 - Try to get your attention to show you something.
 - Imitate speech sounds and gestures.
 - Say 15 or more words. Words do not have to be clear.
 - Produce 4 consonants. E.g. B,D,G,H,N,W.
 - Walk alone.
 - Feed himself with a spoon.
 - Removes his hat or socks by himself.
 - Usually have manageable behavior.
 - Usually be easy to soothe.
 - Come for comfort when he is upset.
 - Be interested in other children.
- ❑ Continue reading to your child and let her hold the book and turn the pages. Avoid TV, video and computer time to allow more time for reading and for physical activity with you.
- ❑ Play games with singing, rhyming, clapping. Use actions when giving instructions.
- ❑ Make sure he has times to socialize and play with other children.
- ❑ Report any concerns about your child's development, including her hearing and vision, to her physician or other healthcare professional.

Preventing Injuries

- ❑ As your child grows, continue to childproof your home. Lock away all medications and cleaning products. Cover electrical outlets and tape down cords. Secure TVs, computers and furniture to prevent them from tipping over. Use window guards and stair gates. Find the hazards before your child does. Have Emergency numbers handy. Use safe toys for your child's age, and remove loose parts and broken toys to prevent choking.

Other Advice

- ❑ Do not use over the counter cough/cold medications.
- ❑ Within 6 months of your child's first tooth, or at 1 year of age, take him to his first dental appointment.
- ❑ You should wean your child from her pacifier at this time.
- ❑ Make sure your baby is not exposed to cigarette smoke. Second hand smoke predisposes him to childhood illnesses like coughs, colds, ear infections, pneumonia, and asthma.
- ❑ Some children are ready to begin toilet training at 18 months of age; however many will not be ready until 2 - 4 years of age. Signs that your child is ready to potty train include an interest in toileting, telling you when he needs to use the toilet, and the ability to balance or walk.
- ❑ It's normal if your child cries or fusses when you leave her in her crib for the night. Keep your bedtime routine consistent and predictable, and allow her to find ways of comforting herself to fall asleep on her own.
- ❑ Having a healthy lifestyle yourself with healthy eating and physical activity will provide a good role model for your child.
- ❑ Warm, consistent and responsive discipline techniques are associated with positive behavior outcomes. Praise good behavior.

Vaccinations

- ❑ After the vaccinations, your child may have no reaction, or may be fussy or sleep more or less than usual. He may have a mild fever or a little redness or swelling where the needle was given. If needed, you can give him ibuprofen or acetaminophen. Call your doctor if his fever reaches 40C (104F), if he is crying/fussy for more than 24 hours, is unusually sleepy or unresponsive, or has swelling at the needle site that is worsening.