**OLD TAPPAN PEDIATRICS**

215 OLD TAPPAN ROAD 55 WEST MAIN STREET

OLD TAPPAN, NJ 07675 BERGENFIELD, NJ 07621

(201) 666-1001 (201) 385-7300

*info@otpediatrics.com*

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**EIGHTEEN MONTHS**

MILESTONES

Knows body parts

Follows simple instructions

May put two words together

NUTRITION

Whole milk

Table food

AVOID "CHOKE" FOODS –peanuts, popcorn, whole grapes and hot dogs, etc.

VITAMINS

Polyviflor 0.25 mg. Give 1 dropperful daily.

ANTICIPATORY GUIDANCE

Car seat should be facing backwards until two years of age.

Smoke-free environment

Water safety - pool, bathtub and bucket

Continue to be wary of child’s accesss to meds, cleaners, perfumes and other toxins.

Toddler safety - Hot liquids and surfaces, loose cords, electrical outlets, table edges

POISON CONTROL CENTER 1-800-222-1222

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NEXT VISIT

2 years old