

**OLD TAPPAN PEDIATRICS**

215 OLD TAPPAN ROAD  
OLD TAPPAN, NJ 07675  
(201) 666-1001

55 WEST MAIN STREET  
BERGENFIELD, NJ 07621  
(201) 385-7300

*otp@bcdhealth.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 "CHOKER" 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 access 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

**NEXT VISIT**  
2 years old