

## 1-2 Year Old Well Visit

The toddler months continue to bring the medical challenges of colds, cuts, bruises and other minor emergencies.

But you'll also find yourself dealing with an emerging personality and increasing conflicts. The new ability to walk means your child can now become more independent.

Some doctors have their own schedule for well-child visits, but most see kids four times, at 12, 15, 18 and 24 months old.

### What to expect during the office visit

Expect these common procedures and questions:

- Measurement of your child's length, weight and head circumference. Growth will be plotted on the growth chart, and you'll be advised of your toddler's progress. A physical examination checking for normal function of the eyes, ears, heart, lungs, abdomen, hands and feet, etc. The doctor may look for new teeth and signs for the appearance of others.
- A review of your toddler's physical and emotional development through both observation and your progress report. Is your tot trying or starting to walk? Recognizing his name? By age 2, following simple instructions? Saying a few words? Combining 2 words by age 2?
- The doctor may go over safety questions such as: Have you childproofed your home? (You'll need to review your baby proofing efforts now that your toddler can stand and reach.) Is your tot in an appropriate safety seat while riding in the car?
- A discussion of your child's eating habits. Is he eating more table foods? Interested in finger foods? Using a cup? Being weaned from the breast or bottle? Most

doctors advise a switch from bottle to cup by the first birthday to be sure the bottle doesn't interfere with normal tooth development, and to avoid a struggle with a determined toddler later on. Sleeping with a bottle of juice or milk will only lead to cavities. Also, after their first birthday most kids can have foods that were off-limits before, such as cow's milk, citrus fruits and eggs. Your doctor will discuss these additions with you.

- Advice on what to expect in the coming months.

Kids this age might undergo a tuberculin skin test, especially those at risk for tuberculosis. Your child may also have a blood test to check for anemia and lead poisoning.

### Immunizations your child will receive

Immunizations can protect kids from serious childhood illnesses, so it's important that your child get them on time. Immunization schedules can vary from office to office, so talk to your doctor about what to expect.

### When to call the doctor

Be sure to call if your child is especially sluggish or irritable, has serious problems sleeping, is refusing all food or drink, is suffering from vomiting or diarrhea, or has a temperature over 102.2° F (39° C).

Developmental delays should be reported to your doctor, although these may or may not signal a problem. By 18 months old your child will probably be able to:

- walk on his own with a regular heel-toe walking pattern
- speak about 15 words

By age 2 your toddler should be able to:

- put 2 words together to form a sentence
- follow simple directions
- imitate actions
- push and pull a toy