



Wellness Visit

18 Month

fhm *Primary Care*

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A reminder for all parents...

Everyday will be different and that's ok!
Whether this is your first child or you've done this many times
before, ALL parents need support,
reach out for help when you need it!
If you have questions don't hesitate to call us.



Support & Self-Care

CALL US

- If you do not feel safe at home
- With questions about your child, we're here to help!

TAKE CARE OF YOURSELF

Caring for yourself is vital in being a caregiver
Schedule child-free times for yourself.



Safety

CAR SEAT SAFETY

The car seat should be rear-facing
in ALL vehicles until at least age 2.

SMOKE-FREE

Keep your child in smoke-free environments.
Your car and home should be 100% smoke-free.

BATH TIME

Always test your child's bath water
and never leave your child alone in a bath.

SAFE SPACE

Keep plastic bags, balloons, and small objects away
from your child. Keep baby gates up on all stairs and
spaces that are not safe for your child. Be sure all cords
are out of reach especially irons, and hot hair tools.
Keep medications, and cleaning supplies in a child proof
closet or cabinet up high out of reach and sight.
Put window guards on windows your child could push
on. If you must have a gun in the home store it
unloaded and locked in a gun safe. Check to confirm all
smoke and carbon monoxide detectors are working and
have an escape plan in case of an emergency.



Caring for Your Child

COMMUNICATION+ EMOTIONS

Set limits and be consistent.

Praise your child for accomplishments and encourage
when then need help. If your child does something
wrong immediately & briefly explain what they did wrong
in a calm voice. Remember your child is learning!
Parenting classes can help you understand toddlers
behaviors better and offer tips and tricks.

Teach your child words for their feelings. Use simple and
clear words when asking your child to do something.

POTTY TRAINING

Every child is different and 18 months may be too early.

Signs your child is ready to start are

- being dry for 2 or more hours
- knows when they are wet or dry
- is showing interest in the toilet

Every step counts! Praise interest in sitting on the potty
even if they don't go. Reading books about toilet training
can also encourage your child.

You can begin with a mini potty or add a toilet seat to
your toilet so your child can comfortably sit.

PLAYTIME

Regular playtime with children their age can help with
socialization skills and offer new learning opportunities.

Read to your child often. Ask your child to point out
things in the book or repeat words.



Health & Wellness

WASH YOUR HANDS

Wash both yours and your child's hands
often to keep everyone safe and healthy.

HEALTHY TEETH

Encourage your child to brush their own teeth but
help them after they are done to ensure they are clean.