



North Austin  
Pediatrics, P.A.



## 18 Months Old Important Points to Know

**DISCIPLINE** Temper tantrums will be starting. Try your best to not pay attention to them. If you have to give in to a tantrum, give in early or stand your ground if possible (example: you are at a restaurant and they want to get out of the high chair. You know you will have to give in so don't wait for the screaming). Limit "time out" to hitting and biting and use redirection (changing the subject) and positive reinforcement as much as possible.

**LEARNING** Use descriptive terms with colors and sizes (eg. sit on the little blue chair) and sing songs when dressing about lefts and rights- babies learn things months before being able to say them.

Children at this age should understand language better and better. Help encourage your child's vocabulary growth by reading to them.

Pretend play is a great activity at this age. Children can be taught simple household chores, such as picking up their toys, at this age.

**POTTY TRAINING** You may introduce the concept of potty training but don't expect it to stick! If you start potty training at 2 ½ they will train by 3, if you start at 2 they will train by 3 ;) Have a relaxed approach and don't let them think it's important to you or they'll resist. Always let them poop in a diaper if they are scared. You want to avoid constipation and stool withholding. They all figure out it's not cool to poop in a diaper sooner or later!

**BOOKS & WEBSITES** For additional reference material we recommend: [www.healthychildren.org](http://www.healthychildren.org)  
[www.aap.org](http://www.aap.org) Caring For Your Baby and Young Child, by the American Academy of Pediatrics Baby 411, by Denise Fields, Ari Brown, M.D.Touchpoints, by T. Berry Brazelton, M.D