



## DOSING CHART

**Acetaminophen:** Give every four to six hours as needed. Don't exceed five doses in 24 hours.

mL = milliliter tsp = teaspoon		Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)
Weight					
6-11 lbs.	1.25 mL	—	—	—	—
12-17 lbs.	2.5 mL	—	—	—	—
18-23 lbs.	3.75 mL	—	—	—	—
24-35 lbs.	5 mL	5 mL (1 tsp)	2 tablets	—	—
36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—	—
48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets	—
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets	—
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets	—

**Ibuprofen:** Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Weight	Infant Drops 50 mg/1.25 mL	Children's Suspension Liquid 100 mg/5 mL	Children's Chewable Tablets 50 mg each	Jr. Strength Chewable Tablets/Motrin Tablets 100 mg each
12-17 lbs.	1.25 mL	—	—	—
18-23 lbs.	1.875 mL	—	—	—
24-35 lbs.	—	5 mL (1 tsp)	2 tablets	—
36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets

\*If under 6 months of age, please consult your pediatrician.

**PEDCARE**  
Children's Clinic

Address : 3001 W Illinois Ave Ste # 1A, Midland, TX 79701

432-695-6300

## 18 MONTH CHECKUP

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Head Circumference: \_\_\_\_\_

Next Visit: **2 Years of Age**

### Toilet Training

- Some children show interest at this age. Continue to talk about the potty but do not pressure your child.
- Remember most children are potty trained between 2 and 3 years of age.

### Nutrition

- Your child will have a sporadic appetite and will skip some meals.
- Regular family mealtimes should be encouraged and between meal snacks avoided.
- Food likes and dislikes are changing at this age.
- Mealtime should be cheerful.
- Your baby will usually be feeding himself/herself at this age and can use a spoon and cup well.
- Vitamin supplements are usually not necessary, but give fluoride supplement if you have well water.

### Sleep

- Remember to continue a regular schedule, and try your best not to

- take him/her out of the crib at night.
- Night terrors (acts as if awake, but is not and is hard to calm down) may occur.

### Discipline

- Your child should be allowed to make some choices. Be sure that all caretakers agree on the rules and everyone is consistent in dealing with problems.
- Explain to the child what is expected and follow this with reinforcement.
- Praise what the child does for himself/herself.

### Behavior

- You should not expect your child to share toys with other children even though he/she will enjoy playing with them.
- Your child will be very curious at this age and will enjoy both active play and quiet play.
- He/she will be able to show a variety of emotions.
- Your child may have self-comforting behaviors (thumbsucking, masturbation, etc.).
- Do not allow hitting, biting, or other aggressive behaviors. Time-out is most effective for discouraging these behaviors.

### Safety

- Continue to use a car seat at all times.
- Never leave your child unattended in a car or alone in a house.

- Supervise play near the street or driveway; children do not understand danger or remember "NO."
- Guard against falls. Do not leave a chair where climbing to high places can occur.
- Continue to cover all electrical outlets and be careful with cords.
- Continue to use good water safety measures. Also set water heater to 120°F.
- Watch out for burns from curling irons, skillets, pots on the stove, heaters, and car exhaust.
- Continue to keep all medications, cleaning solutions, and chemicals out of reach.
- Remember that balloons and plastic bags are choking hazards.

### Development

- Your child will be able to walk fast, run stiffly, walk up stairs with one hand held, kick, and throw a ball.
- Your child will be able to stack 2-3 blocks, place rings on a cone, imitate a crayon stroke on paper, look at pictures, and name some objects.
- He/she will have a 4 to 10 word vocabulary, can understand and follow simple directions, and can point to some body parts.

### Immunizations

- Please see attached sheets for vaccines given today.

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