



Joint Follow-up: 18 months

♂ Boy ♀ Girl Date of the visit: _____ Age: _____ Accompanied by: _____

Parental Concerns

Life Context

- Type of day-care?: _____ Social support network?: _____
 Change in the family?: _____ Difficulties in feeding the family?: _____
 Other _____

Health Monitoring

- Number of bouts of otitis in past few months?: _____

Current Lifestyle Habits

Nutrition

- Breast-feeding: nbr of times/day:** _____
 3.25% milk (max 20 oz. or 600 ml/day) - Quantity: _____
 Other types of milk? (avoid up to 2 years): _____
 Still drinking from the bottle? Drinks from glass
 Drink juice? (avoid) Water offered during meals?
 Vitamin D: 800 IU/day if breastfed or 400 IU/day if bottle-fed

- Vegetarianism? _____
 Other supplements/natural products? _____
 Proportion of foods from the 3 food groups: _____
 Difficulty with some textures?: _____

Guidance

- Variations in appetite (small portions, quality)
 Use of utensils

Sleep (nbr of hours/24 h)?: _____ **Is exposed to screens?** Yes No **Various physical activities (nbr of hours/d)?:** _____

Development Surveillance (age corrected if premature)

Cognitive

- Spontaneously turns a small bottle upside down to remove an object.
 Scribbles with a pencil on paper (can go beyond the limits of the paper).
 Voluntarily pushes a button to activate a toy while waiting for a reaction (e.g. music, light).
 Imitates what adults do, using real objects (e.g., talking on the phone, sweeping the broom, etc.).
 Begins to play pretend: plays out simple actions that are part of his daily routine (e.g., holds an empty spoon to his mouth as if he were eating).

Physical and Motor

- Walks unaided.
 Crouches down to pick up a toy without support and gets up without falling.
 Walks up the stairs standing upright sideways, without alternating feet, or with support (holding the adult's hand and/or the handrail).
 Holds an object with one hand and stabilizes with the other hand (e.g., holds a stick in one hand and stabilizes a drum with the other hand).
 Can put small objects (e.g., small piece of bread or cereal) in a bottle.
 Uses a spoon to eat, but can make messes and needs help to finish a meal.

Language

- Responds to simple verbal instructions and routine actions without the support of adult gestures (e.g., "Come," "Give," "Sit down").
 Uses at least 18 words to communicate.
 Uses the words "dad", "mom", or equivalent to refer to or to address the right parent.
 Repeats heard words to learn them (pronunciation may be imprecise).
