



Your Child, Your Well Visit

Your Child's Personalized 18 Month Well Visit Guide

1-52710A61-487

Child's first name:
CAHMI

Child's birth month/year:
1/2024

WVP completed:
7/1/2025

What's In Your Well Visit Guide?

- Things you noted were **going well for your child, you and your family**
- A **summary of opportunities** to improve your child's and family's well-being based on assessment results
- Special **goals or concerns** you want to be sure are addressed with your child's provider
- **Priority topics you selected** to discuss with your child's provider
- A **more detailed summary** of results from questions about the well-being and needs of your child, you, and your family
- **Links to family resources** to support your child's healthy development, and your child and family well-being
- Special **resources from your child's provider**

1 Some things you noted are going well and the priority topics you picked

The checked boxes below highlight things you shared that should be celebrated with your child's provider. Click on each topic to be directed to the section with more detail.

☒ **Examples of positive experiences**

- Today, something your child can do that you are excited about is: *"Points to show me something interesting"*
- One thing that is going well for you as a parent/caregiver: *"Taking time for myself"*

☒ **Getting the emotional support you need**

☒ **How you are coping as a parent**

☒ **Making sure you find time to take care of yourself**

☒ **Your family's resilience.** Celebrate your family's ability to cope with challenges!

☒ **Priority Topics You Picked**

- [Behaviors to expect in the next few months from your 18-month-old](#)
- [Importance of using simple words, asking simple questions, and repeating what you heard from your child](#)

- [Ways to read to your child that promote his language development](#)
- [Toilet training](#)
- [How your child talks](#)

2 “At-a-glance” summary of opportunities to improve your child's and family's well-being

The checked boxes below show topics where your responses suggest there is an opportunity to improve your child's and family's well-being. Click on each topic to be directed to the section with more detail.

- ☐ **[Your child's development.](#)** (SWYC score: 16). Your child is on track and experiencing developmental milestones typical for a child their age.
- ☒ **[Signs associated with autism spectrum disorder \(ASD\).](#)** (MCHAT Score: 5) Be sure to discuss early signs and supports for ASD.
- ☐ **[Your child's physical health or development.](#)** Be sure to discuss concerns you noted.
- ☐ **[Your emotional well-being.](#)** (PHQ Score: 0). Your child's provider can support you to stay emotionally well.
- ☐ **[Your social support, coping and self-care.](#)** Your child's provider can help you make sure you stay well as a caregiver.
- ☒ **[Your child's and family health history.](#)** Share what you noted that may impact your child's health.
- ☐ **[Your family's home environment.](#)** Be sure to discuss what you noted that may impact your child's well-being.
- ☒ **[Smoking and/or the use of alcohol or other substances.](#)** Discuss ways to minimize any habits that might be unhealthy for your child.
- ☐ **[Healthy relationships.](#)** Your child's provider can help to support and maintain positive and nurturing relationships in your home.
- ☐ **[Your experiences in the community.](#)** Share what you noted about your community that may impact you or your child's well-being, such as experiencing discrimination due to race/ethnicity.
- ☐ **[Stressors your child and family may experience.](#)** Stress is common for children and families and impacts health. Your child's provider can help you identify and reduce sources of social, financial or other stressors as a way to improve your child and family's well-being.

See sections below for more details on specific opportunities to improve your child and family's well-being in each topical area

Get a Clinical Summary of your Well Visit Guide to share with your child's provider:

You can share this Well Visit Guide with your child's provider or you can download a Clinical Summary of your Well Visit Planner responses from [your family account](#). The Clinical Summary provides a quick, at-a-glance summary of the findings from the Well Visit Planner and can be accessed from the Well Visit Guide link in [your WVP family account](#).

3 Priority topics you picked to discuss and other special goals and concerns you noted

*Click on the **green bolded topic(s)** below to access family resources about that topic.*

Priority education topics you picked to discuss:

Behaviors to expect in the next few months from your 18-month-old

Example questions you could ask:

- What are some key behaviors I can expect to see in the next few months?
- Are there parent support groups I can join for parents of toddlers? He isn't 2 yet but it feels as if "the terrible two's" have struck!
- I want my toddler to have some choices, but I can't always let him have what he wants. How do I get my toddler to not just scream for what he wants?
- Is it normal for my child to be interested in his genitalia at this age?

Importance of using simple words, asking simple questions, and repeating what you heard from your child

Example questions you could ask:

- My child is the only one in playgroup not talking. Should we be testing him now or just wait and see?
- We speak another language at home. Which one should I use with my toddler or can we use both?
- My toddler is saying some words like "wawa" for water. Should we say "wawa" or should we use the real word?
- My older child doesn't speak clearly. Will that make it hard for my toddler to learn to speak?

Ways to read to your child that promote his language development

Example questions you could ask:

- How often should I read to my child?
- I feel like we're reading the same story over and over and over. Is this okay? Should I vary the stories more?
- We don't always make it through some of the books we read –does that matter?
- How does reading promote language development?
- How do I know which books "age-appropriate" for my child?

Toilet training

Example questions you could ask:

- What are some ways that I can tell that my child is ready to start to toilet training?
- My child needs to be potty trained to go to preschool, so shouldn't I start working on it now?
- Is it better to train him on a kid's potty or the same one we use?

How your child talks

Example questions you could ask:

- How many words should my child be saying now?
- I can't understand what my child is saying, is this normal at this age?
- My child seems to understand everything I am saying to him but he doesn't say very many words, is this normal?

Special goals and concerns you noted:

Special concerns and goals you want to address: *"My child is not saying many words"*

Other concerns you noted about your child's learning, development or behavior: You did not name any concerns

NOTE: To review all recommended caregiver education topics related to your child's health and development and the well-being of you, your child and family, please visit the Well Visit Planner Family Resource page at www.wellvisitplanner.org/education/.

4 Your child's development and growth

Below are more detailed findings based on responses you gave to developmental screening questions. To learn more about each screening tool, click on the [green bolded title](#).

Your child's development (result from the [Survey of Well-being of Young Children-Developmental Milestones](#), score of 16)

Celebrate the developmental milestones you stated that your child has met:

- Runs
- Walks up stairs with help
- Kicks a ball
- Climbs up a ladder at the playground
- Uses words like "me" or "mine"
- Jumps off the ground with two feet

Based on your responses, your child is on track and growing and developing as expected. You can talk to your child's provider and get support for the following developmental milestones that your child may reach in the near future:

- Names at least 5 familiar objects - like ball or milk
- Names at least 5 body parts - like nose, hand, or tummy
- Puts 2 or more words together - like "more water" or "go outside"
- Uses words to ask for help

Screening for signs of autism spectrum disorder (results from [Modified Checklist for Autism in Toddlers](#), score of 5):

Screening a child for signs of autism spectrum disorder (ASD) is recommended for children during their 18-month and 24-month well visit. ASD refers to a broad range of conditions that can include challenges with social skills, repetitive behaviors, speech and nonverbal communication. Early identification of ASD can help children get any necessary help.

Based on your responses, you should follow up with your child's provider to discuss further evaluation and possible early intervention options regarding ASD. Be sure to talk to your child's provider about any concerns or questions you have about how your child communicates and interacts with others and ways you might be able to support your child's development.

Some things you may want to discuss with your child's provider include:

- 9. Child does not show caregiver things just to share
- 14. Child does not look caregiver in the eye
- 15. Child does not try to copy what caregiver does
- 17. Child does not try to get caregiver to watch them
- 18. Child does not understand when caregiver tells them to do something

Social and emotional development (results from [Pediatric Preschool Symptom Checklist](#) score of 8)

Social and emotional development happens differently for each child. Your child's provider can help and support you as your child develops in their interactions with others and in the regulation and expression of their emotions. Based on your responses, you may want to discuss with them the following difficulties related to your child's behaviors and emotions:

- Your child seems nervous or afraid
- Your child has a hard time with change

- Your child has trouble paying attention
- Your child has trouble staying with one activity
- Your child is fidgety or unable to sit still
- It is hard to take your child out in public
- It is hard to keep your child on a schedule

To learn more about topics related to your child's development, visit the Well Visit Planner Family Resource page at <https://www.wellvisitplanner.org/childdevelopment>

5 Additional topics to discuss about your child's health and development

The checked boxes below are topics where you indicated concerns or health needs for your child.

- ☒ Speaking

To learn more about topics related to your child's health and development, visit the Well Visit Planner Family Resource pages at <https://www.wellvisitplanner.org/childdevelopment> and <https://www.wellvisitplanner.org/healthandgrowth>.

6 Findings about your well-being as a caregiver

*Below are the results from responses you gave to screening assessments on how you are doing as a caregiver. To learn more about each screening tool, click on the **green bolded title**.*

Your emotional well-being (results from **Patient Health Questionnaire-2**, Score of 0).

Your mental and emotional well-being really matter. Based on your responses today, you may not have issues finding joy and feeling hopeful. If your well-being changes, be sure to talk to your child's provider for support.

Your social support, coping and self-care.

Your well-being is important for your child's health and development. Celebrate the ways in which you are caring for yourself:

- You have someone you trust and can go to with personal difficulties
- In the last two weeks, you have spent time doing activities you enjoy, self-care or hobbies
- You noted that you are coping very well with the demands of parenting

To learn more about topics related to your well-being as a caregiver, visit the Well Visit Planner Family Resource page at <https://www.wellvisitplanner.org/mywellbeing>

7 Topics about your child's and family's health history to note

The checked boxes below list health history topics that can impact your child's well-being.

You did not note any child or family health history topics.

8

*Raising and being a family can be stressful. Below are topics about experiences or stressors in your family's environment that are important to your child's and family's well-being. To learn more about each screening tool, click on the **green bolded title**.*

Healthy relationships (results from [Intimate Partner Violence, Women Abuse Screening Tool-Short](#))

Maintaining healthy relationships is important for the health and well-being of you and your child. You stated today that you do not have a lot of tension in your relationship and do not have great difficulty working out arguments with your partner. Your child's provider can help you find resources to maintain your positive relationship with your partner. Be sure to let them know if anything changes in your current relationship.

Smoking and/or the use of alcohol or other substances:

- Someone around your child smokes

To learn more about how substance use can be harmful to you and your child and access resources, visit the Well Visit Planner Family Resource page at [www.wellvisitplanner.org](#)

<https://www.wellvisitplanner.org/substanceuse>

To learn more about topics related to positive and healthy relationships, visit the Well Visit Planner Family Resource page at <https://www.wellvisitplanner.org/positiverelationships>

Notes

After you save and share this Well Visit Guide, use this space to list specific questions and further plan your child's well visit.

Don't forget to share this Visit Guide with your child's provider using the buttons below. If you have a family account with the Well Visit Planner, this Visit Guide will also be saved on your dashboard.



Quick Links to Learn More and Help You Make the Most of Your Child's Well Visit

<https://www.wellvisitplanner.org/education>

<https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx>

<https://www.onlinephds.org/>

<https://familyvoices.org/affiliates/>



STEP 3: Don't be shy! Your provider is counting on you to let them know your priorities, needs and concerns.

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