

## HEALTH ISSUES

Supervise all feedings.

Stop giving a bottle and use a sipping cup only. No bottle or sipping cup while in bed.

Allow exploration with foods and textures.

Offer healthy snack choices, limiting sugars.

Avoid direct sun exposure. Use a sunblock - SPF 50.

Brush your baby's teeth twice a day with a grain of rice sized amount of toothpaste. Make appointment with dentist if not done so already.

## SAFETY ISSUES

Continue safe car seat use. Read instructions for proper installation. Here are some general guidelines:

Place seat in the back seat. Continue to place them rear facing until the age of 2.

Never put a child under 13 years of age in the front seat of a car with a passenger side airbag.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install and test your smoke detector in or near your baby's room.

Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).

Obtain your local Poison Control Center's phone number and keep it on hand

Do not keep 5 gallon buckets in your home (to prevent drowning).

Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).

Use a bike helmet for your toddler (and yourself) if riding on the back of a bike.

Supervise activities, especially around lawnmowers, large dogs, cars.

Place crib mattress on lowest setting.

Place gates on stairways.

## YOUR BABY SHOULD...

Understand no and other simple commands.

Begin to say a few words.

Point to a body part.

Be able to walk, although might be clumsy!

Feed self with fingers.

Listen to a story.

Be able to point or grunt for what he or she wants.

## YOU SHOULD...

Praise your child at every opportunity.

Talk (in adult manner) and sing regularly to your child.

Listen to music together with your child.

Continue to read books to your child.

Encourage opportunities for safely exploring his or her environment.

Limit the number of rules, but be consistent with them.

Not allow hitting, biting, or mean behavior.

Have a bedtime routine and put your child to bed in his or her own room.

Keep a family picture near your child's bed so it can be seen at night.

Eat meals as a family.

Offer comfort objects (stuffed animals, blanket).

Do not push for early toilet training.

Expect self-exploration of genitalia.

Be an example of the type of person you want your child to grow up to be - they are like sponges and absorb everything around them!.

## VACCINATIONS RECEIVED...

DTaP, Hib

Side effects include pain and fever for which you can use the instructed amounts of Acetaminophen (Tylenol ®) every 4 hours OR Ibuprofen (Motrin ®/Advil ®) every 6 hours as needed.

CALL IF... Temperature greater than 102 F, Lethargic, Ill appearing, or with any concerns.

**NEXT WELL CHILD VISIT IN 3 MONTHS (WHEN CHILD IS 18 MONTHS OLD)**