

## HEALTH ISSUES

Supervise all feedings.

Do not use a bottle for drinking. No bottle or sipping cup while in bed.

Allow exploration with foods, encourage use of a spoon. Offer healthy snack choices, limiting sugars.

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

Brush your baby's teeth twice daily with a small amount (the size of a grain of rice) of toothpaste. Continue to bring child to dentist every six months for cavity prevention.

## 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 rear facing until the age of 2 unless child has outgrown height limit.

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 simple commands ("take the toy to Daddy").

Be able to say at least a few words (7 to 10).

Point to many body parts.

Be able to walk, maybe even backwards. Feed self with spoon.

Listen to a story and identify simple objects.

## YOU SHOULD...

Praise your child at every opportunity.

Talk and sing regularly to your child. Continue to read books to your child.

Listen to music together with your child.

Encourage opportunities for safely exploring his or her environment.

Have a few specific rules, and be consistent with them.

Keep discipline brief. "Time-out" can be instituted at this age (1 minute for each year of life)

Offer choices to your child at every opportunity to allow decision-making.

Do not allow hitting, biting, or mean behavior.

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

Expect nightmares or night terrors on occasion.

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

Eat meals as a family.

Try to allow expression of feelings (anger, joy, sadness, fear). Offer comfort objects (stuffed animals, blanket).

Offer opportunity for potty training but do not encourage unless your child seems ready

Expect self-exploration of genitalia.

Expect your child to not want to share, but encourage him or her to do so anyway.

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!

Spend time alone with your partner - one of the best things you can do for your child is to maintain a quality relationship with your partner.

## IMMUNIZATIONS RECEIVED...

Hep A, and any other vaccines that he or she might have needed if behind schedule.

Side effects may include fever and pain at injection site for which you can give the instructed amount of Acetaminophen (Tylenol ®) every 4 hours or Ibuprofen (Motrin®/Advil ®) every 6 hours as needed.

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