

## **DEVELOPMENT**

- Your child may begin to run stiffly, walk up stairs with one hand held, scribble spontaneously, point to body parts and name one object.
- His/her coordination continues to get better.
- He/she may be able to seat himself/herself backward in a small chair.
- He/she may push and pull large objects.
- Your child may begin to clearly say "hello", "good-bye", and "all gone"...but may not pronounce the consonants at the end of the words.
- He/she will likely understand a great deal of what you say, but likely will not be able to speak the same things. Spoken language normally lags behind their understanding, but will likely come quickly over the next six months.
- He/she may begin to take off shoes, socks, hats and mittens.
- He/she may have some stranger anxiety, as they look at new people and try to assess their "motives".

## **DISCIPLINE**

- Your child's frustration level is low and temper tantrums may be frequent. These are best ignored, and often caused by communication difficulties, which are normal.
- Children's emerging behavior should not be misread as intentional antagonism. It is best to be consistent, set limits primarily for safety, through verbal no's and physical removal from potential dangers.
- Try to redirection from undesirable behaviors, saving harsh voice tones, and "firm NO's" for more dangerous activities.
- Praise your child for desired behavior and admire his/her good qualities. Prohibitions should be few, but firm.

## **DIET**

- Your child should be using a spoon and fork to feed himself/herself. This is usually pretty messy.
- Table foods and finger foods are good at his age. Most toddlers are picky eaters, but they eat when they are hungry.
- You should still avoid giving your child peanuts, raisins, popcorn, uncut hot dogs, etc. It is okay to continue to introduce "allergic foods".
- Try to phase out pacifiers by age two to three years of age, and the bottle should be discontinued if not done already.

## **HYGIENE**

- Clean teeth with a soft child's toothbrush and toothpaste two times a day. Do not allow children to eat toothpaste.
- Many children like to flush the toilet. Think about getting him/her his/her own potty-chair to keep beside the commode some time in the next 6 months. Many children are not ready to be toilet trained until at least two years of age. We would be happy to discuss signs of readiness with you.

## **SAFETY**

- A car seat (forward facing) should be used whenever your child rides in any car.
- A toddler should begin sleeping in a bed when his shoulders are even with the top of the crib rail with the mattress at its lowest setting. If you have seen any climbing behavior it's time to change to a bed.
- All water activities, including baths, should be supervised **constantly**. Children can drown even in very shallow water.
- Never let your child go near the street unless holding hands with an adult.
- If you own a gun, we encourage you not to store it at home or in the car. If you do store the gun at home, it should be unloaded, locked up and ammunition should be stored in a place other than with the gun.
- Monitor your child when in the kitchen, especially near stove dials and other appliances.

## **STIMULATION**

- Children at this age love music and being read to for short periods of time.
- Talk to your child and try to include him/her in your conversations.
- They will begin to enjoy "parallel play" (participating in the same activity, but not actually with each other) with other children - on the playground, in the sandbox, etc., with supervision.
- Limit television watching to shows that are "educational" and "for children." Watch television *with* your child, and limit exposure to less than 1-2 hours per day.
- At this age children enjoy riding toys, wagons, blocks, rocking-horses, nesting toys, sand toys, water toys, balls, doll carriages, baby dolls, stuffed animals and books with big pictures.

## **IMMUNIZATIONS**

- Your child should get the DtaP, Polio, and Hep A vaccines today.
- Again, your baby may develop pain or redness at the site of the DTaP injection or develop a fever usually < 101° for up to 48 hours after the injection. To help alleviate some of these symptoms, you may use acetaminophen (aspirin free pain reliever such as Tylenol) The dose is: \_\_\_\_\_ every 4 hours as needed.
- The following reactions are rare. Please call us if your infant has a fever of 103°F or greater, constant crying, high-pitched cry, difficulty waking, has a convulsion, or any other reaction that seems severe.