

## **DEVELOPMENT**

- Your child may begin to walk at this age. (Don't worry if your child is not walking yet, some infants don't walk until a few months later.) If you have concerns please discuss with your doctor.
- Young children like to climb--onto your lap, on furniture—make sure things are stable.
- Your infant may have a vocabulary of several words and should begin to jabber expressively. He/she can probably tell you or show you what he wants by pointing. He/she should increasingly seem to understand simple commands and phrases.
- Young children love an audience and applause. They are tremendous imitators.
- Children enjoy a predictable daily routine.
- Set the crib mattress on the lowest setting to prevent children from climbing over the rails.
- A child of this age is still too young to toilet train. They need to be able to communicate their need to use a toilet first. Don't worry about training your child until they communicate that they have soiled their diaper and they want it changed. This desire is the motivation to toilet train. Many children are close to 2-3 years old or even older before they are ready.
- Your child may have occasional tantrums, which are best ignored. Praise for desired behavior is one of the most effective ways of modeling your child's behavior – “catch them being good!”

## **SAFETY**

- Your child should ride in a car seat at all times. You can face the car seat forward only if they are over 20 lbs.
- Be sure that your house is "child-proof". Keep all poisons and medicines out of reach. Watch for dangling cords and hanging tablecloths.
- Keep the Poison Control Center's phone number (**513-636-5111**) where they are easily accessible. Never give Syrup of Ipecac before talking to the Poison Control Center or the on-call doctor, because some poisons should not be vomited.
- Keep gates at the top and bottom of all stairways.
- Never leave your child unattended in the bathtub or near any water. Children this age can drown in a small amount of water, even a bucket.
- Children should not be around running machinery like lawnmowers or power tools.
- 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 locked up and ammunition should be stored in a separate place other than with the gun.

## **DISCIPLINE**

- Your child's emerging independent behavior should not be misread as intentional antagonism. It is best to be consistent and to set limits primarily for safety. Save verbal no's and physical removal for potential dangers. “No” loses its effectiveness if used too often.
- Because of growing independence, he/she may persist in spite of being told no and you may simply have to remove him/her from what he/she is doing. It also takes repeated “practice” before a child learns which activities are “no-no's”. Redirection is a good strategy for eliminating unwanted behaviors.
- Praise your child for desired behavior and admire his/her good qualities. Prohibitions should be clear, but firm.

## **IMMUNIZATIONS/TESTS**

- Your child will receive the Varicella (Chicken Pox), Hep A and Prevnar vaccines. The Varicella vaccine may cause a mild fever or a rash that resembles mild Chicken Pox. Call the office if you think your child has had an abnormal reaction. A lead test may be recommended depending on certain risk factors.
- If indicated, the dosage of acetaminophen drops (Infants Tylenol) for this age is \_\_\_\_\_ every 4 hours. Alternatively, \_\_\_\_\_ teaspoon of Ibuprofen suspension (Advil, Motrin) may be given every 6 hours or Children's Tylenol can be given every 4 hours.

## **DIET**

- Your infant should start to use a cup and a spoon. Expect messiness! (This is how your child learns and dogs love it!)
- Your child should feed himself soft finger foods—many people also use cereal like Cheerios for this activity. Avoid raisins, popcorn, & small pieces of food that your child could choke on.
- Your child's appetite may seem decreased and he may eat less at some meals than at others. Mealtime should be pleasant and it is best not to pressure children into eating. They will generally eat when they are hungry. Often, children will “graze” at this age. Be assured that your child will not starve him/herself.
- You may begin to wean your child from the bottle.
- You may now begin giving your child **whole** milk. Even children who have been on soy formulas generally will do well with the transition to whole milk.

## **HYGIENE**

- Clean your child's teeth with a soft toothbrush. Baby cleanser or a pea-sized amount of toothpaste may be used under supervision, but do not allow children to eat toothpaste. (It may discolor teeth if large amounts are ingested and too much fluoride can be toxic).

## **STIMULATION**

- If you name objects out loud, it will help your child to learn words. Name and point to body parts. Talk during feeding, bathing, dressing and changing diapers.
- Children love to sing and dance and have books read to them. Interactive books can be fun at this age.
- Appropriate toys at this age include blocks, Jack-in-the-boxes or other button oriented items, musical toys, push-pull toys and stuffed animals