

Your baby at



SOUTHWEST
CHILDREN'S
CENTER

TODAY'S DATE _____

WEIGHT _____ lbs _____ oz (_____ percentile)

HEIGHT _____ in (_____ percentile)

HEAD CIRCUMFERENCE _____ cm (_____ percentile)

IMMUNIZATIONS

AAP recommended vaccines for today's visit:

- Pentacel (DTaP, IPV and HIB)

DTaP (diphtheria, tetanus, and pertussis)

IPV (polio)

HIB (haemophilus influenzae)

If needed, you can give your baby acetaminophen (Tylenol) after his vaccines. Please reference our office's dosing sheet.

NUTRITION

Your child's weight gain will slow as compared to the first year. The amount your child eats will vary. This is normal. Do not force your child to eat. Offer healthy foods and allow her to decide how much to eat.

- Let your child feed herself.
- Offer mostly table foods. Do not give your child small, hard or slippery, round foods that she can choke on such as nuts, popcorn, whole grapes hot dogs and raisins.
- Water should be your child's primary beverage.
- Give your child whole milk, but not more than 12 to 16 ounces a day.

DO NOT ALLOW YOUR CHILD TO WATCH TV OR VIDEOS DURING MEALTIME.

DEVELOPMENT

All babies develop at their own rate. At this age, you may notice that your baby:

- Walks steadily and may even walk backward
- Stoops to pick up objects and then keeps walking
- Crawls up stairs
- Tries to climb on objects
- Scribbles and puts blocks in a cup
- Says three to six words other than "mama" and "dada"
- Follows simple commands such as, "Come here"
- Points out body parts
- Hugs others
- Likes looking at books

SLEEP

Encourage interest in books by reading with your child every night before bed.

A consistent bedtime routine is beneficial.

If you have questions about your child's sleep habits, talk with your pediatrician.

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DISCIPLINE

You may feel as though the terrible twos are already here. Around this age, many children test limits and have temper tantrums. Your child is curious and feels more independent. When your child bangs a spoon on the table, he is learning different sounds. When your child keeps throwing a cup and watching it fall, he is learning cause and effect. At this age, toddlers want to do things on their own. Your child will resist your help in getting dressed or eating. Your child may get upset when he cannot do something or when you do not understand what he is trying to tell you. This often leads to temper tantrums. Ignoring temper tantrums is the best management.

Be patient and know what to expect from your child—this will make things easier. Childproofing the house and creating spaces where she can play freely will make life easier. Praise good behavior and set consistent limits. If you get overly angry or frustrated with your child, put her in a safe place, and take a few moments to calm down.

PROMOTING DEVELOPMENT

What you can do to promote healthy development:

- Let your child choose between two options, both of which are okay with you. For example, he can choose between two books to read.
- Encourage him to repeat words.
- Describe your child's activities. When he eats say, "Wow, Jack is eating his apple."
- Stack blocks with your child.
- Keep reading to your child daily.
- Allow your child to scribble.

SAFETY

Children at this age need constant attention and guidance. They are explorers and have no sense of fear. This means that they can quickly climb playground equipment, go upstairs and explore electrical outlets and medicine cabinets.

Keep following safety guidelines when your child is close to water, near stairs or on high surfaces. Kids can climb onto counters and tables quickly.

Cook on the back burners of your stove to reduce risks of burns.

If you are worried about violence in your home, please speak with your pediatrician or contact the National Domestic Violence Hotline at (1-800-799-7233).

BE MINDFUL OF SWIMMING POOLS WHEN VISITING FRIENDS AND FAMILIES HOMES.

FAMILY

This age can be hard, especially if your child is strong-willed. It is normal to feel frustrated at times. Talk with your partner about how to handle these moments. Taking time for yourself helps. Share your feelings with friends or other parents.

YOUR NEXT VISIT

Between now and your next visit, you can expect your child to:

- Walk steadier and faster
- Speak five to ten words and start to use, "I," "me" and "you"
- Know body parts
- Keep good eye contact
- Become more stubborn and have increased tantrums

▶▶▶▶ Your next visit will be: **Age 18 months** ◀◀◀◀