

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:

- Hepatitis A

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

NUTRITION

By now your child should no longer be using bottles. Keep offering your child different foods even if she is picky. It can still take 10 to 15 tastes of a new food before your child will accept it.

- Let your child feed herself.
- Do not give your child small, hard or slippery, round foods that she can choke on such as nuts, popcorn, whole grapes hot dogs or raisins.
- Water should be your child's primary beverage.
- Give your child whole milk, but not more than 12 to 16 ounces a day.
- Avoid junk food and prepackaged snacks. **DO NOT** use food as a reward.

PICKY EATING IS DEVELOPMENTALLY APPROPRIATE. YOU ARE NOT A SHORT-ORDER COOK.

DEVELOPMENT

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

- Walks steadier and faster
- Tries to kick or throw a ball
- Turns pages of books
- Uses a spoon
- Knows body parts
- Keeps good eye contact
- Copies your actions

Toddlers want to do things on their own. They may resist your help with getting dressed or eating. Your child may get easily frustrated and be independent one moment and clingy the next.

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 eat what you have prepared for a meal or wait until the next meal.
- Encourage him to repeat words.
- Scribble, sort shapes and stack blocks with your child.
- Keep reading to your child daily.
- Play ball.

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SLEEP



Most children this age still nap during the day, although many may combine their daytime sleep into one nap.

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

If you have questions about your child's sleep habits, ask your pediatrician for help.



TOILET TRAINING



Some children will show signs that they are ready to toilet train. These include watching others in the bathroom, asking for diaper changes, copying others, pulling their pants up and down and using words for urine and bowel movements. Your child needs to have both of the following before proceeding to potty training:

- 1) Prefers a clean diaper.
- 2) Knows she is going to poop or pee before it occurs.

Praise your child's attempts to sit on the potty. If she resists, back off. Never force toilet training or punish children for accidents. Some children are not ready to start training until after age 3. Most children will potty train when they are ready despite parental desire or effort.



DISCIPLINE



- Before you switch from one activity to another, tell your child ahead of time.
- Praise good behavior.
- Set consistent limits.
- Ignoring a tantrum is the best management.

Try to keep a sense of humor and remind yourself that this is a phase that will pass.



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. You may want to talk about your parenting styles and how you were disciplined as a child. Taking time for yourself and sharing your feelings with friends or other parents helps.

Make time for the whole family to be together. This may include mealtimes and bedtimes. Also, spend time alone with each of your children.



YOUR NEXT VISIT



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

- Climb up and down stairs with help
- Help you get her dressed
- Play alongside other kids
- Wash and dry her hands

▶▶▶▶ Your next visit will be: **Age 2 years** ◀◀◀◀