

# happy birthday



TODAY'S DATE \_\_\_\_\_

WEIGHT \_\_\_\_\_ lbs \_\_\_\_\_ oz (\_\_\_\_\_ percentile)

HEIGHT \_\_\_\_\_ in (\_\_\_\_\_ percentile)

BODY MASS INDEX \_\_\_\_\_ lbs/in<sup>2</sup> (\_\_\_\_\_ percentile)

## NUTRITION

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

- Let your child feed himself.
- *It is normal for your child to appear to eat less and be less hungry.*
- Snacking is not necessary and will often diminish their appetite at meals.
- If offering snacks, try to stick to fresh fruits and vegetables. Avoid calorie-dense snacks like goldfish, string cheese, yogurt, sweet drinks, etc.

## DEVELOPMENT

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

- Climbs up and down stairs with help
- Throws overhand
- Uses a spoon and fork well
- Uses two-word phrases and her speech is 50% understandable
- Copies household activities that you do
- Plays alongside other kids
- Wants to do things by herself

## PROMOTING DEVELOPMENT

What you can do to promote healthy development:

- Speak to your child slowly and clearly.
- Keep reading to your child daily and try to make it part of your daily routine.
- Go outside and explore nature.
- Play ball or a game of chase.

## TOILET TRAINING

Do not pressure your child. Teach her words for urine and bowel movements. Never punish your child for accidents. Children who are dry during the day often still need diapers or pull-ups for naps and night.



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happy birthday

...and many more to come



## SAFETY

Please keep the following safety guidelines in mind:

- Cook on the back burners of your stove to reduce the risk of accidental burns.
- Have your child wear a helmet when he rides a tricycle, scooter or bike.
- Keep your child out of the yard while someone is using the lawn mower, weed eater, etc.

TRAMPOLINES ARE DANGEROUS AND NOT RECOMMENDED BY THE AMERICAN ACADEMY OF PEDIATRICS.

## FAMILY

If you let your child watch TV, limit it to less than 1 hour a day and watch it together.

This age can be hard, especially if your child is strong-willed. It is normal to feel frustrated at times. Taking time out 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.

## DISCIPLINE

Children this age are active and have a large amount of energy. This is an important time for you to set consistent limits.

Praise her good behavior and remember that your child learns from the way you act. Try to be a good role model when you are angry or frustrated. If you get angry or frustrated with your child, take a few moments to calm down.

## WHEN TO CALL US

Call us if you have ANY questions or concerns. No reason is too big or small when it comes to your child's health. Our triage nurses are prepared to answer any and every question you may have at (210) 614.8687.



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