

Immunizations between 12 and 18 months

Your baby is due for his next checkup **after** his 1st birthday. Bring his Lifetime Immunization Record card and Childhood Health Record booklet to each checkup. Immunizations can safely protect your baby from more diseases than ever before. Getting several vaccines at the same time does not harm your baby's immune system, or reduce his ability to fight off other infections. More than one dose of vaccine is often needed for the best protection against certain diseases. Several vaccines are recommended between the ages of 12 and 18 months. Talk with your doctor about the number of visits your baby will need to get the following shots:



- Hepatitis B (HepB)
- Diphtheria, tetanus, acellular pertussis (DTaP)
- Haemophilus influenzae type b (Hib)
- Inactivated poliovirus (IPV)
- Measles, mumps and rubella (MMR)
- Varicella (chickenpox)
- Pneumococcal conjugate vaccine (PCV)
- Influenza (flu) vaccine every fall
- Hepatitis A (HepA)

To comfort your baby during and after his immunizations, try the following:

- Bring his favorite toy or blanket with you.
- Hold him on your lap. Talk or sing with him.
- Breastfeed your baby during or right after the shots.
- Ask your doctor about giving your baby a non-aspirin pain medicine when you get home.
- Put a cool, clean, wet washcloth over the sore area.

For more information, visit:

www.immunize.org/catg.d/p4015.pdf

Your baby needs healthy foods every day

Your baby needs foods like fruits, vegetables, and grains such as bread, rice and cereal for growth and energy. Offer her foods high in protein and iron daily, like chopped meats, eggs, cooked beans or tofu. Her stomach is small so she needs to eat healthy snacks between meals.

Whole milk for one-year-olds

Most babies can digest milk by age one and should drink milk instead of formula. Whole milk gives your baby the calcium, fat and vitamin D he needs for growth and brain development. Your baby should drink a total of four to six servings of whole milk or breastmilk daily. A serving is ½ cup or 4 ounces. More than that can make him too full to eat the other foods he needs. Wait until your baby is at least two years old to give him non-fat or low-fat milk.

If your baby has trouble digesting cow's milk or is allergic to it, talk to your doctor or nurse. Other foods like calcium-fortified soy or rice milk, or tofu made with calcium can give your baby the calcium he needs.

Breastfeeding gives your baby important nutrition and comfort. If your baby is breastfeeding, great job!

Switch from a bottle to a cup

By age one, your baby should be drinking from a cup at meals and snack times. Keep the following in mind when choosing a cup:

- Choose a cup without a valve or straw. The only way your child can get liquid out of many "no spill" cups is by sucking. This prevents your child from learning to sip.
- A snap-on or screw-on lid can reduce spills and still allows your child to sip.
- A cup with two handles makes it easier for your child to hold the cup.
- A cup with a weighted base prevents the cup from tipping over.

Family Health Hotline
1.800.322.2588
 711 (TTY relay)

Programs of WithinReach

www.ParentHelp123.org



- Immunization information
- Child care referral agencies
- Affordable health insurance
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Call the Family Health Hotline with questions about your CHILD Profile mailings.

Keeping Your Baby Healthy and Safe

Encourage your baby to explore safely

Make sure there are safe places for your baby to play when you can't give her your full attention. If the room you are in is not baby-proofed, you could put her in a play seat (without wheels) or a playpen for a short period of time.



Check your home again to make sure it is safe for your baby to explore. Put dangerous or breakable things in a locked cabinet, or up high and out of reach. Do not expect her to leave these things alone just because you say "No!" Putting them away is easier and safer.

Keep furniture away from windows so your baby cannot climb up and fall out. Window screens are not strong enough to hold her inside.

When buying a toy, check the box for the age the toy is made for. Your baby is not old enough for toys with small pieces or sharp edges. She will enjoy simple toys, like plastic cups in the bath or a large cardboard box to play in.

No screen time (TV, video or computer) until age two

The American Academy of Pediatrics advises no screen time until at least age two. It may be tempting to turn on the TV or put in a video or DVD, and seat your baby in front of it. However, talking, singing and playing with your baby help his brain develop best.

Very young children can feel stress

Starting child care or changing child care providers can be hard for your baby. He may seem more needy, or not sleep or eat as well. It is normal for babies to miss people they have spent time with. Your baby is not trying to be difficult. He needs you to be patient with him. If you see a change in his behavior, try to think about what may have changed in his routine. Comfort your baby and talk to him. Tell him you can tell that he feels sad or upset. Even though he may not be able to talk back to you, he will know that he can depend on you even though other things in his life might be hard or scary. For more help, call the Family Helpline at 1-800-932-4673.

Time for baby's first dental checkup

This first visit is usually short and simple. Find a dentist who sees babies or talk to your own dentist about getting your baby's teeth checked. If you can't find a dentist, talk with your baby's doctor or nurse about your baby's teeth. It is important to get her teeth checked at least once a year.

Keep your baby in her car seat

Keep your baby in the back seat of the car and buckled into his car seat. A car seat that is used correctly can save your baby's life and is required by law. Experts now recommend that it is safest for your baby to stay rear-facing until he is two years old. This protects his back and neck from serious injury. If he has outgrown his infant carrier, move him into a convertible seat that is used rear-facing.

As he gets more active, he may not want to stay in his car seat. To help him be happier during the ride, give him soft toys, talk and sing to him.

Never leave babies or children in the car without an adult even for a short time. It is very dangerous.

Lock up things that could poison your baby

Older babies and toddlers are curious. They learn to open containers (even ones that are child-resistant) and may eat things that will harm them, such as:

- cleaning powders and liquids
- iron pills, vitamins and medicines
- perfumes and mouthwash

Keep these kinds of things on a high shelf in a closet or cupboard with a door that locks.

If you think your child has been poisoned, remain calm and call the **Washington Poison Center** at **1-800-222-1222**. If your child is unconscious, having convulsions, or has trouble breathing call **911**.

For more information on poisons around the home, environmental toxins, plants, medications and more visit www.wapc.org or call **1-800-222-1222**.

Prevent burns (scalds) from hot foods

Babies can get badly burned by hot water, drinks or food. Watch your baby carefully in the kitchen. She will be curious and may try to grab hot foods.

- Keep pots, bowls and cups away from the edge of the table or counter.
- Use the back burners and always turn pot handles toward the back of the stove.
- Avoid using tablecloths. Your baby could pull hot things off of the table and onto herself.
- Do not hold hot drinks when she is in your lap, you are carrying her or she is in the stroller.

Contact the **Northwest Burn Foundation** for a free scald prevention kit: **1-888-662-8767**, www.nwburn.org

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CHILD Profile is a service of the Washington State Department of Health

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Schedule checkups in the coming year

In your child's second year, there aren't as many well-child visits. Be sure to call your doctor or clinic to find out when to schedule these checkups. Because these visits don't happen as often, it's important to review your child's immunization schedule and ask about his development.

More vaccines = More protection!

Thanks to immunizations, we are able to safely protect children from more serious diseases, like measles and mumps, than ever before. Vaccine-preventable diseases and their long-term effects are most severe in infants and young children. Diseases are often spread to infants and toddlers by an adult or sibling who may have only mild symptoms of illness. Immunizations help to protect your child against diseases she may be exposed to at home, child care or in public, like the mall or grocery store.

For most vaccines, more than one dose is needed for the best protection. It is important that your child receives her immunizations at the recommended age. Visit www.cdc.gov/vaccines/recs/schedules/default.htm for a current recommended immunization schedule.

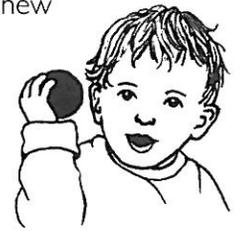
Teach hand washing

It is important for your child to learn to wash his hands often. Germs that cause many illnesses can pass from his hands to his mouth even if his hands don't look dirty. Wash your hands with him to show him it is important. Use soap and warm water. Rub soapy hands together for at least 20 seconds (the time it takes to sing the ABC song). Rinse well and dry. Alcohol-based hand gel or disposable wipes should only be used when there is no soap and water.

How your toddler is developing

Toddlers learn by trying new things and doing them over and over again. You can help your toddler learn by playing together. She will begin to do new things, like:

- say simple words
- stack blocks
- kick and throw a ball



Talk to your child as much as possible. This will help her learn new words. It is important to use real words, not "baby talk." Use short sentences. Talk about the things you are doing and what you see as you walk or drive. She can understand much more than she can say.

Saying "no" is normal for a toddler. It is a first step toward independence. When your toddler says "No," it is important not to get angry. Stay calm and be firm about what you want her to do. Give her simple choices when you can.

Help your child learn about emotions

Your child is starting to express many feelings. You can help him learn about how to handle these feelings.

- Let your child know you understand his feelings. Tell him when you notice he is happy, sad, angry, disappointed, excited, etc.
- Play with your child. You may be able to learn why he is anxious, scared, happy or proud.
- Read or look at books about feelings together. Ask your librarian for ideas.
- Be aware of your own emotions. The better you understand your own feelings, the better you will understand your child's.

Remember that your child learns about handling his feelings by watching you handle yours.

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Keeping Your Toddler Healthy and Safe

Help your toddler get to sleep

Most toddlers need a nap during the day and should sleep about 11–12 hours at night. A bedtime routine can help your child get used to going to sleep on her own. Put her to bed at the same time each night. Brush her teeth and wash her face and hands. Look at a picture book together. Then put her in bed, give her a hug and a kiss, and leave the room.

When there are changes in your child's life, like being sick, going on a trip, moving or getting a new brother or sister, her sleep habits may change. Having a bedtime routine that you follow every night may help. Now that the greatest risk of SIDS has passed, let your child choose a special blanket or stuffed animal to take to bed. If you have concerns about sleep, talk with your doctor or nurse.

Choosing quality child care

Finding the right child care takes time. Start looking before you need it. Call the Washington State Child Care Resource and Referral Network toll-free at 1-800-446-1114 for help.

Think about both your child's needs and your family's needs. Here are some things to look for and ask about.

- Are there enough adults to give attention to all the children?
- Is the outdoor play area safe and fenced?
- Have all the people who will be taking care of your child had reference checks?
- What training and education have the caregivers had? Have they taken classes in child care and childhood development?
- Is there someone trained in CPR and first aid available at all times?
- Are vehicles safe, with car seats for each child?

For more information on choosing quality child care, visit the **Department of Early Learning** at www.del.wa.gov/parents-family

Once your child is in a program, stay involved.

- Talk with the child care provider often to ask about how your child is doing.
- Ask what are good times to visit during the day and drop in when you can.
- Offer to volunteer on clean-up days or provide art supplies like empty egg cartons.
- Join in on special events like field trips and holidays.

Take another look!

Your toddler can open and reach things now that he could not before. It's time to child-proof your house again.

- Attach tall or heavy furniture, like dressers or TV cabinets, to the wall.
- Keep furniture away from windows so he can't climb up and fall out. Install window locks so that windows will not open more than four inches.
- Cover all electrical outlets, even the ones behind chairs and tables.
- Make sure his crib or bed is away from drapes, curtains, and electrical cords and wall heaters.
- Keep cleaners, poisons, vitamins and medicines out of sight and locked up, or on a high shelf.
- Keep guns unloaded and locked up.

Drowning dangers

Drowning happens quickly and silently. Toddlers can easily slip into water when you are not looking. Be within arm's reach of your child when you are near water, whether it is a bathtub, a pool, a lake or the beach.

Water in a wading pool, hot tub, garden fountain, toilet or cleaning bucket often attracts young children. Always empty small pools and buckets and keep the toilet lid closed. Any swimming pool or hot tub should have a fence all the way around it with a locked gate.

Protect your toddler's skin from sunburn

A child's skin burns easily. All skin colors can get sunburned. Sunburns in childhood can cause skin cancer later in life. Keep your child out of the sun during the hottest part of the day. Encourage her to play in the shade. A hat, sunglasses and lightweight clothes that cover her shoulders, arms and legs will help protect her.

Use sunscreen lotion (at least 15 SPF) to help protect your toddler's skin. Rub plenty onto all bare skin about 20-30 minutes before going outside. Reapply every 2-3 hours and whenever she has been in the water.

Change smoke alarm batteries

Smoke detectors only save lives if they are working. Push the "test" button every month to make sure that your alarms are working. Change batteries as needed or at least once a year. Have extra batteries on hand.



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