

Checkups and immunizations

Eighteen months is an important age to check if your child's immunizations are up-to-date. Also, be sure to ask for a complete developmental screening for her. Bring your Lifetime Immunization Record card and Childhood Health Record booklet with you to this visit. At 18 months, your child may receive some of the following vaccines:

- 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)
- Hepatitis A (HepA)
- Influenza (flu) vaccine, yearly



If your child has not gotten her 4th DTaP vaccine, now is the time to get it. For the best protection against pertussis (whooping cough), your child needs all 4 doses of DTaP by 18 months. She will also need a booster dose before kindergarten.

Ask your doctor about the pertussis vaccine for older children and adults, called Tdap (tetanus, diphtheria and acellular pertussis). Those in close contact with your child like you, older brothers and sisters, grandparents and child care providers should get this shot to help protect everyone.

Dental care and checkups

Your child's baby teeth are important because they keep space for his permanent teeth. Continue to brush after breakfast and before bed. Look at your child's teeth and gums often by lifting his lip. Look closely at his gums and behind his front teeth. Take your child to a dentist if

you see white or brown spots on the teeth. Spots may be a sign of tooth decay.

If your child has not had a first dental checkup, it is time to take him to a dentist. Call the Family Health Hotline listed below or visit "How to Find Dental Care" at doh.wa.gov/cfh/oralhealth/default.htm for help finding a dentist.

Healthy eating for your toddler

By this age, your child should be eating many of the foods you eat. If she is also breastfeeding, that's great. You are giving her important nourishment and comfort.

Sometimes your child might want to eat her favorite food at every meal. This is okay as long as she gets other healthy foods, too. Here are some ideas to help you be sure that your child is eating a healthy diet.

- Offer at least one healthy food she likes at every meal or snack.
- Offer her small servings at meal and snack times. Give her more only if she wants it.
- Offer water when your child is thirsty. Limit juice to 4 ounces (½ cup) a day. Offer milk or juice as part of a meal or snack, not between meals or snack times.



Your child may not have as big an appetite now as she used to. This is normal because she is not growing as fast as when she was younger. If you are concerned about her growth or eating habits, talk with her doctor, nurse or a nutritionist.

Eat together as a family as often as you can. The whole family eats more healthfully when you sit down together.

For healthy meal ideas, refer to the Nutrition Guide for Toddlers you got in your 15 month CHILD Profile mailing or visit www.childprofile.org.

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 • Food and nutrition assistance
- Prenatal resources • Family planning services • Local health clinics
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Call the Family Health Hotline with questions about your CHILD Profile mailings.

Keeping Your Toddler Healthy and Safe

Help your toddler explore the world

It is important to make sure your child feels safe as he starts to explore. Keep your home safe. There shouldn't be too many things your child is told to stay away from.

Your child will want to check in with you as he starts to explore. He may want to do things you have told him are off limits over and over again. Sometimes this might make you feel like he is trying to get away with something. But it is normal to have to repeat information **many** times. This is how toddlers learn about the world around them. Try to remember that checking in lets him know that you are still there, protecting him from possible danger.

Help handling difficult behavior

Try to step back and think about the situation. Is your child hungry, tired, or upset by something that happened? Take a deep breath. Try to think calmly about how to help your child feel better.

Let your child know you can tell when she is feeling unhappy. Talk calmly about what is happening and offer some solutions. For example, "I see you are very upset. Let's sit together until you feel better". Or "I can see you really wanted to play with the houseplants. They are not toys. Let's find something else to play with. What about these pots and pans?"

Notice the things your child does well. Tell her what you appreciate. This shows you care about what she does. She needs hugs and kisses every day.

Feeling frustrated?

Sometimes it is hard to be the parent you would like to be. Have a plan for what to do when you feel frustrated or overwhelmed. Here are some things to try.

- Make sure your child is in a safe place.
- Walk a few feet away until you have calmed down.
- Take some deep breaths.
- Call a friend or relative who will listen and be caring.

It can help to share your thoughts and feelings. Make sure others who care for your child also know what to do when they feel frustrated or angry.

You can get support by talking to your health care provider, taking a parenting class or joining a parenting group. Ask about groups and classes at your local health department, community college, place of worship, clinic or hospital. You can also contact the Family Helpline at 1-800-932-4673 or visit www.parenttrust.org for help and advice.

Dangers in driveways and parking lots

Your child is so small that a driver may not be able to see him between cars or when backing up. You can help keep your child and others safe by doing these things:

- Walk all the way around your parked car to check for kids, toys and pets before getting in and starting the motor.
- Keep a lookout for children in parking lots and driveways where children could be playing.
- Firmly hold your child's hand when near vehicles.

When you leave your car, even for a short time, take your child with you. Leaving a child in a parked car is very dangerous and can be deadly. Children left in a car can suffer heat stroke. They also can start the car rolling or lock themselves in.

How to keep an active toddler in his car seat

At this age, it is normal for children to try to climb out of their car seats. Keep your child happy with soft toys, picture books or singing. Praise her when she rides without fussing.

Never let your child ride unbuckled! If you let her climb out once, she will try to do it again and again. Make sure the harness is snug. If she tries to get out, a good way to teach her to stay seated is to:

1. Stop the car in a safe place right away.
2. Tell her firmly that the car will not go until she gets back in her seat.
3. Wait until she sits down, then buckle the harness again.

Most children learn quickly. Ask other people who transport your child to be firm and to buckle up children in the back seat. Teach by example. Use your own seat belt and make sure all your passengers buckle up, too.

What makes a playground safe?

Always check the equipment before your child begins to play. Stay close to your child, especially when he is climbing. Safe play areas should have soft sand, wood chips or rubber padding under climbing toys and swings. They should have small-sized slides and gyms made especially for toddlers

that are separate from equipment for older children. Make sure that swings have seats that hold children in on all sides.



Happy 2nd birthday!

It's time to schedule checkups with the doctor and dentist. Be ready to talk about any illnesses or injuries your child has had. You may want to write down a list of topics that you'd like to talk about. Mention any changes in your child's eating, sleeping or behavior:

Protect your child and others

Parents make many important choices about their children's health. Immunization is one of them. Now that your child is two years old, she is more likely to be around other children. This puts her at higher risk for becoming ill, because diseases can spread easily from one person to another. By immunizing your child, you not only protect her but you protect your family and those who:

- have weak immune systems,
- are not fully immunized, and
- cannot get shots because of a medical condition or because they are too young or too old.

Vaccines prevent the spread of diseases in your community.

Vaccines are your child's best protection

Parents may not always realize their child is behind on getting immunizations. In Washington State, one out of four two-year olds has not had all recommended vaccines. Take your child's Lifetime Immunization Record card to every visit. By age two, your child should have had the following vaccines:

- 3 doses: Hepatitis B (HepB)
- 4 doses: Diphtheria, tetanus, acellular pertussis (DTaP)
- 3 – 4 doses: *Haemophilus influenzae* type b (Hib)
- 4 doses: Pneumococcal conjugate vaccine (PCV)



- 3 doses: Inactivated poliovirus vaccine (IPV)
- 1 dose: Measles, mumps and rubella (MMR)
- 1 dose: Varicella (chickenpox)
- 2 doses: Hepatitis A (HepA)
- Influenza (yearly)

Some children with high-risk medical conditions may need additional vaccines. Ask your doctor or nurse if other vaccines are recommended for your child. You can check to see if your child is up-to-date by going to <http://bit.ly/Scheduler>.

Help your toddler learn new skills

By age two, your child will start to do things for himself. He learns by trying new things and practicing what he's learned. Give him plenty of chances and time to practice. Your child may be more excited about playing with other children. He is getting better at taking turns. Over the next year, your child will learn to do the following:

- jump with both feet off the ground
- draw circles and lines
- say short sentences
- ask many questions
- put his clothes on and take them off

For information on what many two years old can do at this age, visit:
http://bit.ly/Two_Year_Dev

Every child grows at his or her own pace. Sometimes children need extra support. If you have questions or concerns about your child's development, talk with his or her doctor or nurse. You can also call the Family Health Hotline at 1-800-322-2588, or 711 (tty relay) for the name of a Family Resources Coordinator (FRC). An FRC can help arrange for a free developmental screening and further services, if needed.

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Keeping Your Toddler Healthy and Safe

Keep baby teeth healthy

Your toddler's baby teeth are important for smiling, eating, speaking and jaw growth. She needs help learning to clean her teeth well. Brush her teeth for her at least once a day. Use a rice-sized amount of fluoride toothpaste and teach her to spit it out but do not rinse her mouth out. Brush your teeth with your toddler so she can watch you.

Your toddler needs a dental checkup at least once a year. At her visit, ask if she needs a fluoride supplement.

Encourage your toddler to be active

Help your toddler use his body and muscles. Take him outside often to play. He will enjoy swinging, throwing and rolling a ball, and playing simple games of tag or hide-and-seek with you and other children.

The American Academy of Pediatrics recommends **no more than two hours of "screen time" per day** for young children. Set a good example. Instead of watching TV or playing video or computer games yourself, take your child out for a walk or dance with him.

Don't rush toilet training

Parents often want children to use the toilet at an early age, but many children are not ready until age three or older. Your child will learn faster and easier if you wait until she is really ready. Look for signs that she may be ready:

- wanting to do the things you do
- staying dry during naps or for a few hours at a time
- telling you when she needs a diaper change

Ways to cope with temper tantrums

Toddlers often yell, kick and scream when they are not able to express their feelings. Tantrums may happen when a child is:

- frustrated, angry or scared
- stressed
- tired, hungry or sick
- needing attention or showing independence

Try to stay calm when your child has a tantrum. If you get mad, he may get more upset. If you are in a public place, pick him up and take him to somewhere quiet. Stay with him while he quiets down. Let him know you will stay nearby until he feels better.

Help your child talk about what he is feeling. This may help him to calm down more quickly. It also helps him learn self-control. Self-control is an important skill as your child begins to make friends.

The right car seat for your child's size

Many parents let their child switch from a car seat to a booster seat or seat belt too soon. Your child needs the protection of a car seat with two shoulder straps or a harness until she weighs at least 40 pounds or outgrows the seat. The shoulder straps keep her secure during normal driving as well as in a crash.

After she outgrows her car seat, buckle her up in a booster seat using the vehicle lap and shoulder belts. Keep your child in a booster seat until she is 8 years old or 4 feet, 9 inches tall.

Children under 13 should always ride in the back seat and everyone in the car should be buckled up. **Be firm about this - it's the law.**

Questions about car seats or boosters?

Call the **Safety Restraint Coalition**

425-828-8975 or 1-800-BUCK-L-UP (282-5587)

www.800buckleup.org

Keep your house safe for your child

Even though your child is getting older, you must still watch him every minute. There are things you can do to make your home safer:

- Install stairway gates and window guards.
- Keep your child away from ovens and stoves, irons, curling irons, fireplaces and heaters.
- Place plug covers on all outlets.
- Keep medicines in child-resistant containers, locked up and out of reach.
- Post the phone number of the Washington Poison Center, 1-800-222-1222, near the phone.
- Put purses and backpacks that may contain medicines, lighters and other things dangerous to your child, out of reach.
- **Unload and lock up any guns in your home!**

Choose toys carefully

Keep your child's age, abilities and interests in mind when choosing toys.

- Toys meant for older children can be dangerous for your child. Teach older children to pick up their toys and put them out of reach when done playing.
- Avoid toys with small parts which might cause choking. Broken or empty latex balloons are also choking hazards.
- Visit www.cpsc.gov for information on toys that have been recalled.

For the Health of All Our Children

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