

# **Toddlers**

**Developmental Milestones**

**Well Child Checks**

**Feeding and Nutrition**

**Safety**

**Immunization Guides**

# **15 Months**

**Developmental Milestones**

**Feeding and Nutrition**

**Well Child Check**

**Recommended Immunizations**

**Insurance**

# **Development Milestones**

## **15 Months**

- **By 15 months your child should be:**
  - ◆ **mastering the 12 month milestones**
  - ◆ **improving language and mobility skills daily**
  - ◆ **communicating needs and desires in a way that is easily understood**

*\*Remember: all children grow/mature at different rates\**

# Feeding and Nutrition

- If you haven't already started wean from bottle to cup using whole cow's milk or milk alternative
- Set designated mealtimes for the whole family and include toddler - Turn off TV and other electronics
- Offer a rainbow of colors on the plate
- Include many textures; plenty of fruits, vegetables, proteins, and dairy being mindful of choking hazards
- Decide when and where your mealtimes happen and offer 2-3 healthful choices
- Allow your toddler to choose which foods and how much to eat
- Always cut toddler's food in very small pieces and avoid known choking hazards such as raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- Let toddler feed self using fingers, utensils, and cup
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve; this is a great way to tell if your child is getting adequate nutrition.
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition

**\*Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child\***

**5.2.1.0.**

**5 servings of fruits & veggies**

**2 hours or less screen time 1**

**hour or more exercise**

**0 sugary drinks daily!**

# Well Child Check

## 15 Months

- ❑ **Topics to Discuss with Your Health Care Provider:**
  - ◆ separation/stranger anxiety
  - ◆ appropriately giving your child “choices”
  - ◆ when and how to discipline your toddler
  - ◆ weaning issues
  - ◆ your toddler’s first dental appointment
  - ◆ car safety
  - ◆ what items should be locked and away from children
  - ◆ smoke/Co2 detectors and hot water temperatures
  - ◆ all questions or concerns about development and home life

# Recommended Immunizations

## DTaP

For more information on Immunizations and the diseases that they protect us from go to the Center of Disease Control and Prevention website at:

<http://www.cdc.gov/vaccines/parents/index.html>

# **18 Months**

**Developmental Milestones**

**Questions to Ask Yourself**

**Well Child Check**

**Recommended Immunizations**

**Lead Exposure**

# Developmental Milestones

## 18 Months

- Social/Emotional:**
  - ◆ may have temper tantrums
  - ◆ may be afraid of strangers
  - ◆ affectionate to familiar people
  - ◆ plays simple pretend, such as feeding a doll
  - ◆ may cling to caregivers in new situations
  - ◆ explores alone but with parent close by
  
- Language:**
  - ◆ says several single words
  - ◆ says and shakes head “no”
  - ◆ points to show someone what he wants
  
- Cognitive:**
  - ◆ points to get the attention of others
  - ◆ points to at least one body part when named
  - ◆ makes line shapes while drawing on paper
  - ◆ can follow 1-step verbal commands without any gestures
  
- Physical:**
  - ◆ walks without assistance
  - ◆ may walk up steps and run
  - ◆ pulls toys while walking
  - ◆ can help self undress
  - ◆ drinks from a cup
  - ◆ eats with a spoon



# Developmental Milestones

## 18 Months

### Tell Your Health Care Provider If Your Child:

- ◆ doesn't point to show things to others
- ◆ cannot walk
- ◆ doesn't know what familiar things are for
- ◆ doesn't copy others
- ◆ isn't learning new words
- ◆ has not mastered at least 6 words
- ◆ doesn't notice or mind when a caregiver leaves or returns
- ◆ loses skills he once learned

*\*Remember: all children grow/mature at different rates\**

# Questions to Ask Yourself

- ❑ **Your healthcare provider will be observing your child in each aspect of his development during your appointments**
- ❑ **Prepare for this by asking yourself a few questions, such as:**
  - ◆ “Is there anything I would like to know more about my child’s development?”
  - ◆ “Is there anything that is worrying me or my family?”
  - ◆ “Is my child doing everything I expect at this age?”
  - ◆ “Is there anything I would like to learn about safety precautions?”
  - ◆ “Is there anything that I wish to know about health?”
  - ◆ “Do I have any questions about behavior or discipline?”
  - ◆ “What do I wish to take away from this appointment?”

# Well Child Check

## 18 Months

- ❑ **Topics to discuss with your health care provider:**
  - ◆ importance of play/family time
  - ◆ how to help my child cope with new situations
  - ◆ reinforcing limits
  - ◆ language development through books, songs, and speaking with child
  - ◆ toilet training readiness
  - ◆ child safety
  - ◆ dangers of lead exposure
  - ◆ developmental screening (should have three before your child turns 3)

# Recommended Immunizations

**Any vaccines that have been previously recommended but not administered, including:**

- Hep B (6-18 months)**
- DTap (15-18 months)**
- IPV (6-18 months)**
- Influenza (yearly from 6 months – 6 years)**
- Hep A (12-23 months)**

*For more information on Immunizations and the diseases that they protect us from go to the Center of Disease Control and Prevention website at:  
<http://www.cdc.gov/vaccines/parents/index.html>*

# Lead Exposure

- If you live in a house that was built before 1978 you may have lead in your house paint**
  
- To reduce harmful exposure:**
  - ◆ keep your child away from any flaking or peeling paint
  - ◆ dust regularly (especially around window frames) to reduce lead particles in the air
  - ◆ keep children and pregnant women away from any home restoration projects that include disturbing any old paint
  - ◆ buy toys from reputable sources to decrease lead concerns
  
- Tell your health care provider about any concerns you may have about lead exposure**
  - ◆ they can test levels of lead in your child, and may already have

*To check lead recalls visit the CDC website at:  
<http://www.cdc.gov/nceh/lead/Recalls/default.htm>*

*For other recalls including choking and falling hazards visit the  
Consumer Product Safety Commission at: <http://www.cpsc.gov/>*

# **2 Year Old**

**Developmental Milestones**

**Feeding and Nutrition**

**Well Child Check**

**Recommended Immunizations**

# Developmental Milestones

## 2 Years

### Social/Emotional:

- ◆ copies others, especially adults and older children
- ◆ gets excited when with peers
- ◆ shows defiant behavior
- ◆ mainly plays beside other children, but starting to include them in games such as chase

### Language:

- ◆ knows names of different body parts and familiar people
- ◆ 2-4 word sentences
- ◆ follows simple instructions
- ◆ repeats overheard words
- ◆ points at things in book

### Cognitive:

- ◆ beginning sorting of shapes and colors
- ◆ completes sentences and rhymes from familiar stories
- ◆ plays simple make-believe
- ◆ uses 4 or more blocks in towers
- ◆ follows 2 step instructions
- ◆ names items in picture book

### Physical:

- ◆ stands tip-toe
- ◆ kicks a ball
- ◆ starting to run
- ◆ climbs on and off furniture without assistance
- ◆ overhand throwing
- ◆ draws straight lines and/or circles

# Developmental Milestones

## 2 Years

- **Tell Your Health Care Provider If Your Child:**
  - ◆ does not know what to do with common things, like a brush, phone, fork, spoon
  - ◆ doesn't copy actions and words
  - ◆ can't follow simple instructions
  - ◆ cannot walk steadily
  - ◆ loses skills once learned

*\* Remember: all children grow/mature at different rates\**



# Feeding and Nutrition

- Set designated mealtimes for whole family and include toddler - Turn off TV and other electronics
- Offer a rainbow of colors on the plate
- Offer 3 main meals and 3 nutritious snacks each day
- Decide when and where your mealtimes happen and let them choose between 2 healthy foods to eat.
  - ◆ you can ask: *Do you want applesauce or peaches? Or*
  - ◆ *Do you want oatmeal or corn flakes?* Allow your toddler to choose which foods and how much to eat
  - ◆ a serving size for this stage is  $\frac{1}{4}$  slice of bread,  $\frac{1}{2}$  cup of milk, half of a banana, 1 slice of cheese, 2-3 tablespoons of vegetables
- Always cut toddler's food in small pieces and avoid known choking hazards such as: raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- Let toddler feed self using fingers, utensils, and cup
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition.

**\*Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child\***

## **5.2.1.0.**

**5 servings of fruits & veggies  
2 hours or less screen time  
1 hour or more exercise  
0 sugary drinks daily!**

# Well Child Check

## 2 Years

- ❑ **Topics to discuss with your health care provider:**
  - ◆ caution as to what is said within earshot of child
  - ◆ importance of sharing books with your child
  - ◆ your child's comprehension ability
  - ◆ discipline and praise
  - ◆ how to guide your child's learning about emotions
  - ◆ encouraging independence and social interaction
  - ◆ toilet training readiness and hygiene
  - ◆ television limits and the importance of play
  - ◆ child safety
  - ◆ growth and development concerns
  - ◆ any other questions you may have
  
- ❑ **Recommended Immunizations:**
  - ◆ Influenza (once yearly)

# **2.5 Years**

**Well Child Check**

**Your Child and Preschool**

# Well Child Check

## 2.5 Years

At this appointment your healthcare provider will be making sure that your child is becoming more independent and social and that your toddler's communication is becoming clearer and body control is improving

**Topics to discuss with your health care provider:**

- ◆ consistent use of discipline by all family members
- ◆ importance of routine and daily schedules
- ◆ family exercise and daily reading
- ◆ limiting television and screen time
- ◆ encouraging language development
- ◆ social development and tips for play dates
- ◆ considerations for early childhood programs, such as, quality preschool
- ◆ toilet training
- ◆ child safety
- ◆ developmental screenings (should have three before your child turns 3 years old)