Injury Prevention

T he most common accidents that occur at this age:

➢ **Falling down stairs and through windows:** use gates and install safety devices

➢ **Pulling a hot drink** off of a tablecloth or place mat.

➢ **Electrical shock:** cover sockets and conceal electric cords.

➢ **Choking** from food in the windpipe.

➢ **Accidental poisoning:** Do not leave medication on dressers or leave the safety top on loose

➢ **Lawnmower accidents:** Do not allow your child to ride on a lawn tractor or be near running machinery. Injury from a backing up riding mower is a common tragedy.

➢ **Drowning:** Do not leave your child unsupervised in or near a filled tub, pool, bucket of water, ditch or cesspool.

➢ **Sunburns**: Use hypoallergenic sunscreen SPF 30. Avoid the sun between 10 a.m. and 2 p.m. (highest UV rays)

Nutrition

A llow your child to feed himself with his fingers or possibly a spoon. Do not focus on table manners at this point. Avoid sugary and salty snacks. You can switch to skim (if there is a lot of fat in the diet) to 2% milk (if there is not). We now recommend no more than 2 cups per day. Anticipate a **drop off in appetite** very soon. Many parents worry about this, but it is normal. You pick **what** your child eats, let him pick **how much. Please** phase out the **bottle** now.

Cereals and Bread: Infant or cooked cereals, unsweetened cereals, bread, rice, noodles and spaghetti can be offered.

Fruit Juices: are not necessary, but you may offer up to 1 cup diluted with water

Vegetables: Introduce cooked vegetable pieces.

Fruits: All fresh fruits peeled and seeded, or canned fruits packed in water can be offered.

Proteins: Offer small tender pieces of meat, fish, or chicken. Other proteins include eggs, cheese, yogurt, and cooked beans.

Vitamins: are not necessary. Children eat 4 times as many calories per pound of their weight than adults do. Thus, if you are offering a healthy diet with the above, the American Academy of Pediatrics has recommended that we focus on healthy eating rather than giving vitamins.

If your drinking water does not contain fluoride, you child should be taking 0.25 mg daily.

Growth and Development

I ndependance is a key behavior at this age. Toddlers understand and follow many commands, but may have a hard time communicating. (They may start expressing frustration with temper tantrums within the next 6 months.)

➢ Most children will say about 2-4 words at this age, and will follow and understand simple commands.

➢ This is a good age to establish regular reading.

➢ Toeing out and toeing in are very common, especially if your child had bowing of the legs as an infant.

➢ Reward good behavior frequently. Time outs are appropriate for certain behaviors (see below)

Appropriate dosing for pain & fever relievers (see our web site also):

Acetaminophen (160 mg/5 ml)	Baby's Weight	Dose (every 4-6 hours)
	12-17 lbs	2.5 ml (80 mg)
	18-23 lbs	3.75 ml (120 mg)
Ibuprofen (100mg/5ml)	**Baby's Weight** (use higher dose for fever over 102.5)	**Dose (every 6 hours)**
	13-17 lbs	¼ to ½ teaspoon
	18-23 lbs	½ to 1 teaspoon
	24-28 lbs	¾ to 1 ½ teaspoon

Fever Myths

MYTH: Fevers are bad for kids.
FACT: Fevers turn on the body's immune system. Fevers are one of the body's protective mechanisms.

MYTH: Fevers cause brain damage or fevers > 104 F are dangerous.
FACT: Fevers with infections don't cause brain damage. Only fevers > 108 F can cause brain damage. Fevers only go this high with high environmental temperatures (e.g. confined in a closed car).

MYTH: Anyone can have a febrile seizure.
FACT: Only 4% of children can have a febrile seizure.

MYTH: Febrile seizures are harmful.
FACT: Febrile seizures are scary to watch, but they stop within 5 minutes and cause no harm.

MYTH: Fevers need to be treated.
FACT: Fevers only need to be treated if they cause discomfort -- usually that's > 102 or 103 F.

MYTH: With treatment, fevers should come down to normal.
FACT: With treatment, fevers usually come down 2 - 3 degrees F.

MYTH: If the fever is high, the cause is serious.
FACT: If your child looks very sick, the cause is serious.

MYTH: The exact number is very important.
FACT: How your child looks is very important.

MYTH: Temperatures between 98.7 and 100 F are low-grade fevers.
FACT: Temperatures between 98.7 and 100 F are normal - often present in late afternoon and evening.

Immunizations

Y our child should have received the HIB Vaccine, Prevnar and the Hepatitis A Vaccine. In addition we may recommend the flu vaccine for your child and every one in the household

Next Visit

Your next health visit will be the 15-month well child visit. Please notify us as soon as possible (no later than 24 hours prior to your appointment) if you cannot make an appointment.

Discipline Basics

➤ The first goal of discipline is to protect your child from danger. Another goal is teaching right from wrong. Reasonable limit setting helps prevent the "spoiled child".
➤ Use of techniques for mild behaviors include distracting, ignoring, verbal and nonverbal disapproval, physically moving or escorting and temporary time out.

Time Out

➤ Time outs can be given even at this age. In general use 1 minute of time out for each year of age your child is. If your child hits another person, or uses aggressive behavior, use a time out which can consist of one of the following:
  ➤ Remove your child from the social circle by giving a verbal and nonverbal disapproval and placing her away from everything else (toys, people, TV etc). This way she must crawl or walk back to where she was.
  ➤ Place your child in a chair or play pen without toys. If in a chair use your back as a physical barrier to prevent your child from getting up. Set a wind up timer that your child can see and hear. When the timer goes off, say "Okay you can get up". Your child will eventually understand that he cannot get up until the timer goes off.