



Injury Prevention



The most common accidents that occur at this age:

- **Burns:** Do not let your child near the stove. Turn handles inward.
- **Poisoning:** Keep medications out of reach.
- **Street Safety:** Give your child a firm warning if they start walking toward the street. This may need to be repeated many times.
- **Drowning:** Do not leave your child unsupervised in or near a filled tub, pool, bucket of water, ditch or cesspool.

Nutrition

Pickiness is common. When given many foods, your child may not eat, but will commonly pick at it. Do not force eating. If your drinking water does not contain fluoride, your child should be taking 0.25 mg daily.

Growth and Development

Negativism is very common, and is best handled by ignoring or re-directing your child. They may say no a lot.

If your child has had some limits set for the last 3-6 months, they will know that you will limit

certain behaviors. Your child will continue to test you, but will learn to obey if a consistent approach is taken. It is very important for parents to talk to each other about how they should approach behaviors. Different approaches for the same behaviors confuse children and are more likely to result in behavior issues that are prolonged.

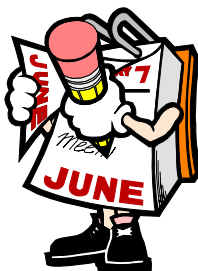
Healthy Habits



Don't let the **Screen Time** become a babysitter. Limit devices and television to no more than 1 hour during weekdays and two hours or less during weekends. (Max 9 hours per week at any age) Choose educational screentime.

- Boys are usually not ready for toilet training. Girls may show interest in sitting on the potty. Most become aware of soiled diapers and want to be changed.

Next Visit



Your next health visit will be the 18 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.

Immunizations

Your child may receive one or more of the following vaccines:

- **DaPT** (Diphtheria, Pertussis and Tetanus) There is a slightly higher chance of redness and swelling with the 4th dose of this vaccine
- **MMR Vaccine** . If there is a reaction from the MMR vaccine, it is usually not until 7-10 days later. 1 in 10 children will have mild symptoms that consist of a runny nose, red eyes, and a low-grade fever. 1 in 20 will have a red rash. These reactions will resolve on their own.
- **Varicella Vaccine**
- **Flu Vaccine** (seasonal)