

*age 15 through 17 months*

# Your Growing Child

*A Family Brochure*

Toddlers grow, change and learn differently. Here are some tips to help you enjoy and keep your toddler healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your toddler.

## *Health*

Appetite will vary depending on growth and activity. At this age toddlers:

- Need a Child and Teen Checkups health check at 15 months. Regular health checks are important. Ask your clinic about fluoride use.
- Eat a lot one time and not much the next. Offer 3 meals and 2-3 snacks of soft table food a day. You decide what to serve, when and where. Let your toddler decide how much (if any) to eat.
- Use a cup, spoon and fingers to feed themselves. No more bottle! Give whole milk (12-16 ounces a day) instead of formula.
- Need teeth and gums cleaned daily with a soft cloth or toothbrush.
- May sleep 12 hours at night and nap once a day.

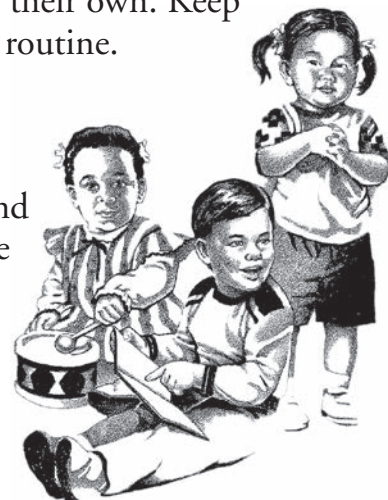


- Can fall asleep on their own. Keep a regular bedtime routine.

## *Learning*

Toddlers at this age:

- Say 3-10 words and understand simple commands. Talk to your toddler often. Repeat sounds and identify objects.
- Walk well, stoop and climb.
- Throw a ball, make towers with blocks and scribble with crayons.
- Are shy around strangers and may cling to you when you leave.
- Are NOT usually ready for toilet training!
- Get into everything. It's best to set limits, be consistent and use distractions. Praise your child often!
- Sometimes become frustrated. Offer tools to use in frustrating situations — language in the form of words, gestures, asking for help, etc.



## *Safety*

- **ALWAYS** use an approved car seat, properly secured in the back seat.

- Keep your hot water temperature below 120°F. Before bathing your toddler, check the water temperature with your wrist.
- Toddlers can drown in a small amount of water. Never leave your toddler alone in a bathtub, or near water.
- Never leave your toddler on a high place like a changing table, sofa or kitchen counter.
- Don't let *anyone* smoke around your toddler.
- Always keep crib rails up and the mattress at the lowest setting. Change to a toddler bed if he climbs out of the crib.
- Prevent choking! Keep plastic bags, balloons, safety pins and small objects that can fit through a toilet paper roll away from your toddler.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Toddlers are curious. Lock up your guns and bullets separately. It's the law!
- Your child is becoming independent and may run away from you when you aren't looking. **Watch your child carefully.**
- Child proof your home! Keep medicines, poisons and sharp objects locked up. Use gates by stairs.

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1-800-358-0377.

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿង របស់អ្នក ឬហៅទូរស័ព្ទមកលេខ 1-888-468-3787 ។

Pažnja. Ako vam treba besplatna pomoć za tumačenje ovog dokumenta, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1-888-486-8377.

ໄປຮອດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພໍຣີ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂປທີ່ 1-888-487-8251.

Hubachiisa. Dokumentiin kun bilisa akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbilli 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1-888-562-5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkan, hawlwadeenkaaga weydiiso ama wac lambarka 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1-888-428-3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1-888-554-8759.

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**Minnesota Poison Information**  
**1-800-222-1222**  
**Minnesota Immunization Hotline**  
**1-800-657-3970**

