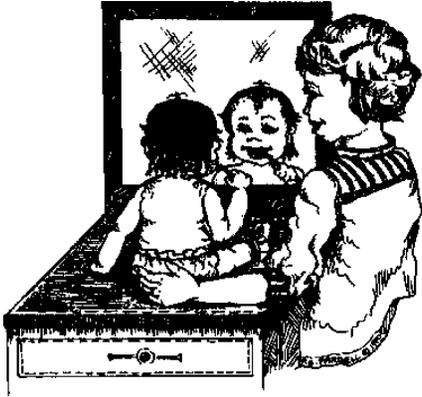


Dental

Nutrition

13 - 15 Months



- ❑ Brush teeth with a child's soft toothbrush after each meal. Use a small, jiggling motion with the bristles angled to the gums.
- ❑ Look at your toddler's teeth each day as you clean them. Call your dentist if you see white, brown, or black spots.
- ❑ Let your toddler practice brushing his/her teeth. Do not leave your toddler alone with a toothbrush.
- ❑ Show good dental health habits by brushing and flossing your own teeth daily.
- ❑ Ask your doctor or dentist about fluoride for your toddler's teeth.
- ❑ Store fluoride out of your toddler's reach.

- ❑ Give 4 small cups (4 oz. each) of whole or breastmilk daily. Do not give lowfat or nonfat milk until age 2. Stop giving the bottle by 14 months of age.
- ❑ Give your toddler all liquids from a small cup. Give water when thirsty. Limit juice to 1 cup.
- ❑ Offer 3 meals and 2-3 small snacks daily. Give a variety of table foods with:
 - 5-9 small servings of vegetables or fruits
 - 7-11 small servings of breads, cereals, or grains
 - 2-3 small servings of protein foods, like lean meats, poultry, fish, eggs, dried beans, peas, or tofu
- ❑ Give easy-to-chew finger foods. Give your toddler a small spoon to eat with.
- ❑ Make meals a family time. You decide when and what your toddler eats. Your toddler decides whether to eat and how much. Do not bribe, punish or reward with food.
- ❑ Toddlers can choke on:

popcorn	peanuts
seeds	nuts
grapes	gum
peanut butter	hot dogs
raisins, dried fruit	meat sticks
candy	raw vegetables

Growing Up Healthy



Name: _____

Height: _____ Weight: _____

Today's Date: _____

Next Appointment:

Date: _____ Time: _____

Keep emergency numbers handy:



Police, fire, ambulance: Call 911

Poison Control Number: 1-800-876-4766

- Learn Child CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



Health and Safety

- ❑ Never leave your toddler alone in the tub, pool, or near a bucket of water. Have a fence around pool/spa.
- ❑ Put your toddler in a car seat for every ride.
- ❑ Buckle car seat in the back seat.
- ❑ Never put your children in the front seat if there is an airbag.
- ❑ Use electrical safety plugs. Keep electrical cords, irons, hot liquids and table cloths out of reach. Shorten curtain and window blind cords.
- ❑ Use stair gates and window guards.
- ❑ Keep small objects, unsafe toys, plastic bags and balloons away from your toddler. Remove string from sweatshirt hood.
- ❑ Never let your child crawl, walk, or run with anything in the mouth.
- ❑ Turn water heater to less than 120°. Lock up matches.
- ❑ Label and lock up all harmful things, like soaps, cleaning solutions, lye, liquor, vitamins, iron pills, medicines, and poisons.



Parenting Tips

Reward good behavior at once with a hug and praise.

What to Expect

- ❑ Your toddler learns quickly when you teach by gently showing and not by punishing.
- ❑ Your toddler may be able to:
 - Walk alone, stoop and stand up again.
 - Let you know his or her needs by ways other than crying.
 - Say mama and dada with correct meaning.
 - Understand much more than he or she can say.
 - Pull off socks and try to unbutton large buttons.
 - Point with index finger.
 - Poke fingers into tiny openings.

What You Can Do

- ❑ Play, talk, sing and read stories to your toddler.
- ❑ Use consistent, loving discipline. Say “no” firmly, when needed, and direct your toddler to a new task.
- ❑ Give simple toys that your toddler can take apart and put back together.
- ❑ Build towers of blocks for your toddler to knock down and set up.
- ❑ Make a safe place for your toddler to explore, play catch with a ball and be curious.

If you find yourself about to hit, shake or harm your toddler, call a “Hot Line” or a friend for help.

13 - 15 Months

Health and Safety

- ❑ Take your toddler for regular health exams and vaccines (shots).
- ❑ Do not pick up your toddler by the arms. Never shake, toss or swing your toddler in the air in anger or even in a playful way.
- ❑ Carry your toddler or hold hand near traffic.
- ❑ Check behind your car before backing out.
- ❑ Keep your toddler’s skin, hair, body, clothes and bedding clean.
- ❑ Wash your hands with soap and water before and after changing diapers.
- ❑ Wash your toddler’s hands with soap and water before and after eating.
- ❑ Wash your toddler’s toys often.
- ❑ Keep your toddler away from loud noises.
 - Loud noises can damage your toddler’s hearing.
 - A noise is too loud if you have to raise your voice to talk to someone only 3 feet away.
- ❑ Keep your toddler away from tobacco smoke. Stop all tobacco use.
- ❑ Have your baby's blood tested for lead.