



Bright Futures Parent Handout

15 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

COMMUNICATION AND SOCIAL DEVELOPMENT

Talking and Feeling

- Show your child how to use words.
 - Use words to describe your child's feelings.
 - Describe your child's gestures with words.
 - Use simple, clear phrases to talk to your child.
 - When reading, use simple words to talk about the pictures.
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

SLEEP ROUTINES AND ISSUES

A Good Night's Sleep

- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when she is drowsy but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

SAFETY

Safety

- Have your child's car safety seat rear-facing until your baby is 2 years of age *or* until she reaches the highest weight or height allowed by the car safety seat's manufacturer.
- Follow the owner's manual to make the needed changes when switching the car safety seat to the forward-facing position.
- Never put your child's rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride
- Everyone should wear a seat belt in the car.
- Lock away poisons, medications, and lawn and cleaning supplies.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Lock away cigarettes, matches, lighters, and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your hot water heater temperature to lower than 120°F.

TEMPER TANTRUMS AND DISCIPLINE

Temper Tantrums and Discipline

- Use distraction to stop tantrums when you can.
- Limit the need to say "No!" by making your home and yard safe for play.
- Praise your child for behaving well.
- Set limits and use discipline to teach and protect your child, not punish.
- Be patient with messy eating and play. Your child is learning.
- Let your child choose between 2 good things for food, toys, drinks, or books.

HEALTHY TEETH

Healthy Teeth

- Take your child for a first dental visit if you have not done so.
- Brush your child's teeth twice each day after breakfast and before bed with a soft toothbrush and plain water.
- Wean from the bottle; give only water in the bottle.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier in your mouth.

What to Expect at Your Child's 18 Month Visit

We will talk about

- Talking and reading with your child
- Playgroups
- Preparing your other children for a new baby
- Spending time with your family and partner
- Car and home safety
- Toilet training
- Setting limits and using time-outs

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

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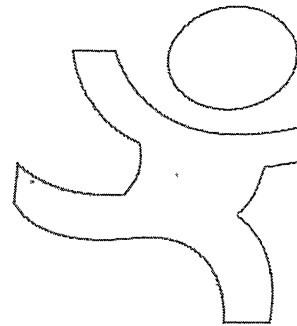
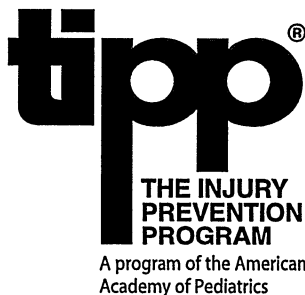
American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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1 to 2 Years



1 TO 2 YEARS

Safety for Your Child

Did you know that injuries are the leading cause of death of children younger than 4 years in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. At this age your child can *walk, run, climb, jump, and explore* everything. Because of all the new things he or she can do, this stage is a very dangerous time in your child's life. It is your responsibility to protect your child from injury. Your child cannot understand danger or remember "no" while exploring.

Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. **Handguns are especially dangerous.** If you choose to keep a gun, keep it unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.

Poisonings

Children continue to explore their world by putting everything in their mouths, even if it doesn't taste good. Your child can *open doors and drawers, take things apart, and open bottles* easily now, so you must use safety caps on all medicines and toxic household products. **Keep the safety caps on** at all times or find safer substitutes to use. Contact Poison Help for more information.

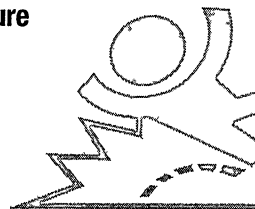
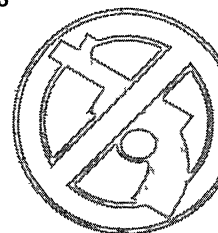
Your child is now able to get into and on top of everything. Be sure to keep all household products and medicines completely out of sight and reach. Never store lye drain cleaners in your home. Keep all products in their original containers.

If your child does put something poisonous into his or her mouth, call Poison Help immediately. Attach the Poison Help line (1-800-222-1222) to your phone. Do not make your child vomit.

Falls

To prevent serious falls, lock the doors to any dangerous areas. **Use gates on stairways and install operable window guards** above the first floor. **Remove sharp-edged furniture** from the room your child plays and sleeps in. At this age your child will walk well and start to climb, jump, and run as well. A chair left next to a kitchen counter, table, or window allows your child to climb to dangerously high places. Remember, your child does not understand what is dangerous.

If your child has a serious fall or does not act normally after a fall, call your doctor.



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Burns

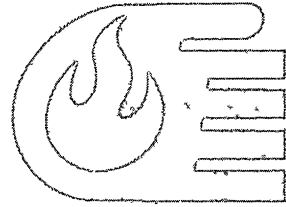
The kitchen is a dangerous place for your child during meal preparation. Hot liquids, grease, and hot foods spilled on your child will cause serious burns. A **safer place for your child** while you are cooking, eating, or unable to give him your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair**. It's best to keep your child out of the kitchen while cooking.

Children who are learning to walk will grab anything to steady themselves, including hot oven doors, wall heaters, or outdoor grills. Keep your child out of rooms where there are hot objects that may be touched or put a barrier around them.

Your child will *reach* for your hot food or cup of coffee, so don't leave it within your child's reach. **NEVER carry your child and hot liquids at the same time.** You can't handle both.

If your child does get burned, immediately put cold water on the burned area. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

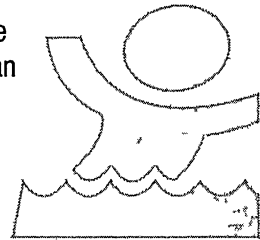
Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.



Drowning

At this age your child loves to play in water. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Empty all buckets after each use. Keep the bathroom doors closed. Your child can drown in less than 2 inches of water. Knowing how to swim does NOT mean your child is safe near or in water. Stay within an arm's length of your child around water.

If you have a swimming pool, fence it on all 4 sides with a fence at least 4 feet high, and be sure the gates are self-latching. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house. You cannot watch your child every minute while he or she is in the house. It only takes a moment for your child to get out of your house and fall into your pool.



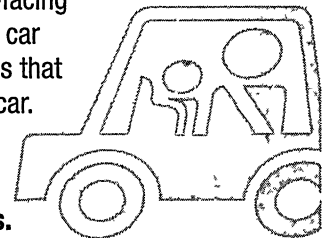
And Remember Car Safety

Car crashes are a great danger to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. **To prevent these injuries USE a car safety seat EVERY TIME** your child rides in the car. All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer. Be sure that the safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the instructions for using car safety seats in the owners' manual of your car. **The safest place for all infants and children to ride is in the back seat.**

Do not leave your child alone in or around the car. Keep vehicles and their trunks locked. Children who are left in a car can die of heat stroke because temperatures can reach deadly levels in minutes. They can be strangled by power windows or knock the vehicle into gear.

Always **walk behind your car** to be sure your child is not there before you back out of your driveway. You may not see your child behind your car in the rearview mirror.

Remember, the biggest threat to your child's life and health is an injury.



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The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

Power of Choice

Would you like to get your kids to willingly cooperate? Stop the daily battles? Teach your kids valuable life skills? If your answer is Yes! Yes! Yes!, then read on...

There are so many things we must get our children to do and so many things we must stop them from doing! Get up. Get dressed. Don't dawdle. Do your homework. Eat. It goes on and on. We can get our kids to cooperate and at the same time allow them to learn self discipline and develop good decision making skills. How? By offering choices.

Giving a choice is a very powerful tool that can be used with toddlers through teenagers. This is one skill that every parent should have tattooed on the back of his or her hand as a constant reminder. Parents should use this skill every day, many times a day. Giving children choices is a very effective way to enlist their cooperation because children love having the privilege of choice. It takes the pressure out of your request, and allows a child to feel in control. This makes a child more willing to comply.

Using choice is an effective way to achieve results, and when you get in the habit of offering choices you are doing your children a big favor. As children learn to make simple choices—*Milk or juice?*—they get the practice required to make bigger choices—*Buy two class T-shirts or one sweatshirt?*—which gives them the ability as they grow to make more important decisions—*Save or spend? Drink beer or soda? Study or fail?* Giving children choices allows them to learn to listen to their inner voice. It is a valuable skill that they will carry with them to adulthood.

You should offer choices based on your child's age and your intent. A toddler can handle two choices, a grade-school child three or four. A teenager can be given general guidelines. Offer choices such that you would be happy with whatever option your child chooses. Otherwise, you're not being fair. For example, a parent might say, "*Either eat your peas or go to your room*" but when the child gets up off his chair, the parent yells, "*Sit down and eat your dinner, young man!*" (So that wasn't really a choice, was it?)

Here are some ways in which you can use choice:

- ✓ *Do you want to wear your Big Bird pajamas or your Mickey Mouse pajamas?*
- ✓ *What pair of shorts would you like to wear today?*
- ✓ *Do you want to do your homework at the kitchen table or the desk?*
- ✓ *Would you rather stop at the gas station or give me the money to fill the tank?*
- ✓ *Do you want to wear your coat, carry it, or put on a sweatshirt?*
- ✓ *Would you prefer to let the dog out in the yard or take him for a walk?*
- ✓ *Do you want to run up to bed or hop like a bunny?*
- ✓ *What do you want to do first, take out the trash or dry the dishes?*
- ✓ *Do you want to watch five more minutes of TV or ten?*

✓ *Will you do your homework now, after dinner, or shall I wake you at six tomorrow?*

A typical problem with choices is the child who makes up his own choice! For example, "Taylor, do you want to put on your pajamas first, or brush your teeth?" To which little Taylor answers, "I want to watch TV." What to do? Just smile sweetly and say, "That wasn't one of the choices. What do you want to do first, put on your pajamas or brush your teeth?"

If your child is still reluctant to choose from the options that you offer, then simply ask, "*Would you like to choose or shall I choose for you?*" If an appropriate answer is not forthcoming then you can say, "I see that you want me to choose for you." Then *follow through*. Make your choice and help your child — by leading or carrying him — so that he can cooperate.

A mother in one of my classes reported using this skill with great success at home. It was after dinner and she said to her *husband*, "Honey, would you like to clean up the dishes or put the kids to bed?" He responded, "Hey! You're using that choice thing on me!" (All the skills presented in my book will work with adults, too.)

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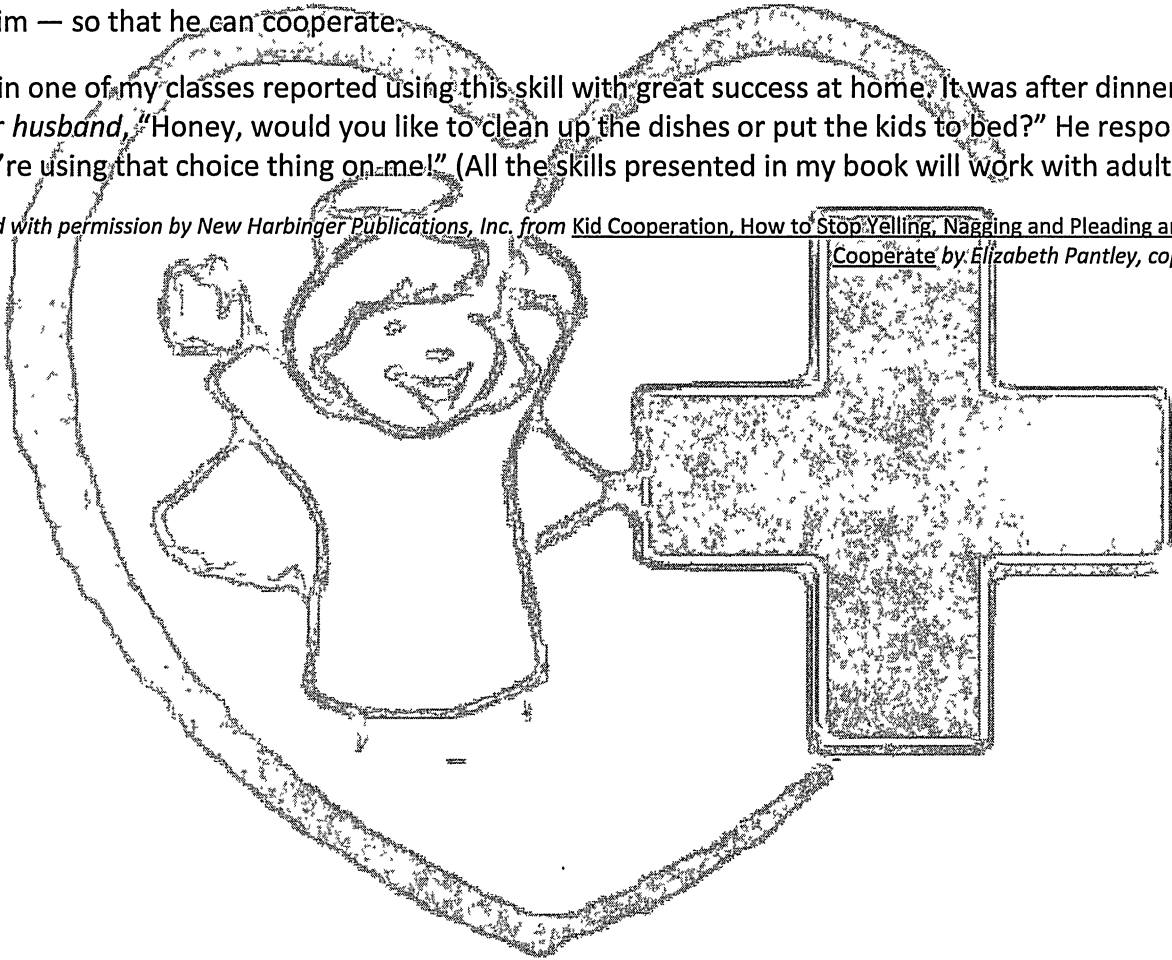




Illustration by
Billy Nuñez, age 16

GROWING INDEPENDENCE: TIPS FOR PARENTS OF YOUNG CHILDREN

CHILDREN LOVE TO LEARN

- Open and honest communication will create a lifelong closeness with your child.
- Routines and responsibilities will let your child know what to expect. When a rule is broken, a natural consequence needs to follow.
- As you teach your child how to be independent, you also need to teach how to be safe.
- Learning how to be a good friend is an important skill you can teach your child.

Your little one is starting to explore the world outside your home. This is exciting, but can be scary!

Children from 4 to 6 years old are:

- Beginning to develop their independence and form real friendships.
- Learning rules to more difficult games.
- Developing important life skills.

SET LIMITS

When children do something against the rules, explain simply and in a few words:

- That what they did was wrong
- What will happen if the behavior continues

Consequences need to be logical, meaningful, and simple. For example:

- If your child rides a bike without a helmet, the bike is off limits for a day or two.
- When your child won't share a toy, that toy can't be used for the rest of the day.

CREATE AND KEEP ROUTINES

Teach about rules by setting up daily routines. Children do best when they know what to expect.

- In the morning:
 - Use the bathroom
 - Get dressed
 - Have breakfast
- At bedtime:
 - Take a bath
 - Brush teeth
 - Read a story

Schedule specific times for TV, video games, and use of the computer.

When you know what your child is watching, you can avoid violence and other unacceptable content.

Limit "total screen time" to no more than 2 hours a day.

Read at bedtime.

This helps your child:

- Settle down after a busy day
- Learn how to read

Have meals together as much as possible.

This is a great way to spend time together and share family traditions, while also teaching good eating habits and table manners.



TAKE TIME TO TALK AND LISTEN

Children feel important when adults take the time to talk with them. Talking often, and about many things, helps them gain self-confidence.

Ask about friendships and the activities that your child enjoys.

Talk about your own best and worst experiences.

Ask your child:

- “What was the best part of today?”
- “What was the hardest part of today?”

Let your child know that it’s OK to have and talk about negative feelings. Share the best and hard parts of your day. This teaches your child that we all have ups and downs.

ASSIGN RESPONSIBILITY

When young children copy everyday household tasks, they are really learning how to contribute. With your support, tasks will soon be done with few reminders. As children grow older, they can begin to take on real responsibilities, such as:

- Setting the table
- Putting away their toys
- Feeding the pets
- Placing dirty clothes in a basket

Watch your child’s self-esteem grow when given the chance to help out.

ENCOURAGE INDEPENDENCE IN DRESSING AND BATHING

At first, this may take a little more time than helping your child get dressed or take a bath, but it is time well spent. Independence comes with practice, and with your guidance.

If you get the clothes ready the night before, the morning routine will involve only getting dressed. This way, your child can focus on just one thing.

Your child may need to be reminded of all the steps.

1. “In the morning, when you get up,
2. First, use the bathroom,
3. Then, take off your PJs,
4. And then, put on your clothes.”

Praise your child’s efforts and successes:
“You did a great job getting yourself ready for school today!”

TEACH SIMPLE RULES ABOUT SAFETY WITH ADULTS

Keeping children safe is an important job for parents. You want your child to respect and trust others, but you also need to teach your child to be careful.

Following are some simple rules and ways that you can start a conversation with your child about different safety issues.

“If you’re not sure, ask me.”

“If an adult asks you to do something that you’re not sure is OK, always ask me first. I won’t get mad at you for asking.”

“No secrets.”

“No one should ever tell you to keep a secret from me—one that might make me mad if I found out. Adults should never expect you to do this.”

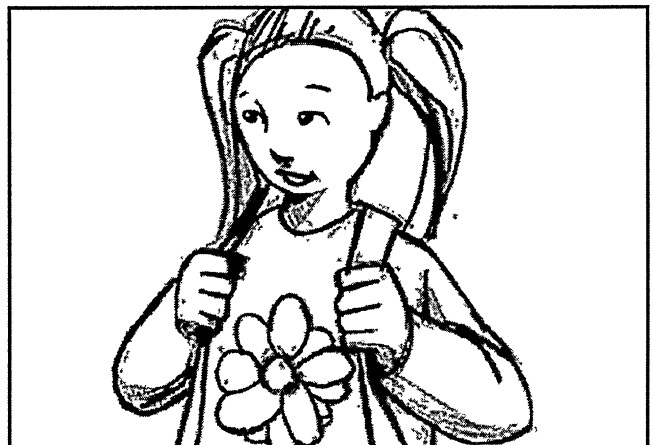
“Certain body parts are private.”

“No adults (except parents, doctors, and nurses) should touch you where you normally wear a bathing suit.”

“If we get separated, find a security guard or police officer.”

“This is a very busy place. If you can’t find me, find a security guard or police officer, or ask someone to help you find one. That person will help you find me.”

When you take your child to a crowded place, look around and point out the person who is there to help if you do become separated.



HELP YOUR CHILD BECOME A GOOD FRIEND

Four- to six-year-olds are learning what it means to be a friend. They will have fun times as well as arguments and hurt feelings. It can be tempting for parents to try to solve these problems themselves or by talking with the other child's parent.

Instead, guide your child to solve problems. With your help, your child can learn how to solve social problems.

1. Help your child understand the other child's point of view.

"I guess Suzie wants a turn too."

2. Teach your child the following:

- Stay calm
- Do not hit, grab, or shove
- Use words:
 - "I get upset when you talk to me like that."
 - "I'm sad you don't want to play with me."
 - "I'm angry you took the ball from me."

3. Stand close by and watch as the children solve their problem.

Being close by puts the children on their best behavior. This is how they begin to develop the confidence and skills to communicate honestly, calmly, and politely with others.

Connected Kids are Safe, Strong, and Secure

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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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Stop That Whining!

Question: My daughter is constantly whining at me! Every time she calls "Mooooommeeeee" I have this great desire to change my name or run and hide under the nearest bed! Please don't tell me "she'll out grow it," because if the whining continues she may not make it to her next birthday.

Think about it: Talk about fingernails on a blackboard! Whining has got to be the ultimate in annoying childhood behavior. Because a whining child sounds worse than a frenzied siren alarm we tend to do anything to make it stop. Thus our little whiner discovers a great way to get our undivided attention.

NEVER EVER respond to or give in to a whining request. Make an announcement: "When you use your normal voice I will listen to you." Then turn your back to the whining child and make it obvious you are ignoring her by singing or reading a book out loud held in front of your face. If the child continues to whine, repeat the same sequence without engaging the child any further. (Pleading or discussing will only increase the whining.)

Help by modeling: Help your child by modeling what it is you want to hear. "I can't understand you when you use a whining voice, please say, "Mommy, may I please have a drink."

Create an incentive: Put a jar on the kitchen counter. Put ten nickels in it. Tell your child that every time she whines or fusses you will take a nickel out of the jar. Any nickels left over at bedtime will be hers to keep as a reward for remembering to use her "big girl voice."

Teach: Often children aren't really aware they are whining. Have a discussion about whining and demonstrate what it sounds like. (Put on a good show!) Tell your child you want to help her remember not to whine, so every time she does you are going to put your fingers in your ears and say "yuck!" and make a funny face. That will be her signal to find her regular voice.

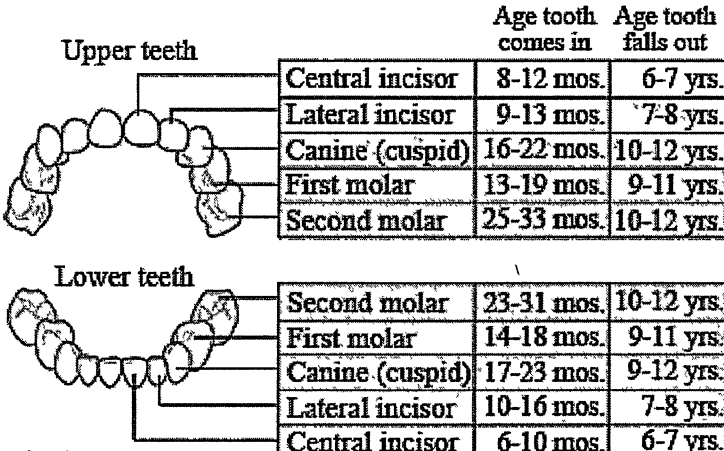
Time it: Tell your child that you're going to set the timer for three minutes. She can fuss for three minutes and then she must stop. Some children will complain, "that's not enough time!" Then ask, "How much is enough, four or five minutes?" Typically, of course, five will be chosen. Make big production of setting the timer for five minutes, and announce that she must stop when the timer rings. Most kids will stop before the timer rings. If your persistent whiner doesn't stop after five minutes, you can put her in time out, or put yourself in time out, until the fussing ends.

Make sure you aren't giving whining lessons. Such as, "Will Youuu Pleezee Stop Whyyy Niingg! It's driving me Craazeee!"

Praise! Praise your child's attempts at using a regular voice. "Ariel, I really enjoy hearing your pleasant voice!" Try to say "yes" to a request made in a regular, polite voice. For example, if your child normally whines about having a cookie after lunch, and today she asks pleasantly, try to give her at least a piece of a cookie to reward her for her appropriate manners. Make sure you tell her that's why you said okay, "Yes, you may have a cookie. I'm saying yes because you asked in such a nice voice and you didn't whine about it. Lucky you!"

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Teething in Children: Care Instructions



		Age tooth comes in	Age tooth falls out
Upper teeth	Central incisor	8-12 mos.	6-7 yrs.
	Lateral incisor	9-13 mos.	7-8 yrs.
	Canine (cuspid)	16-22 mos.	10-12 yrs.
	First molar	13-19 mos.	9-11 yrs.
	Second molar	25-33 mos.	10-12 yrs.
Lower teeth	Second molar	23-31 mos.	10-12 yrs.
	First molar	14-18 mos.	9-11 yrs.
	Canine (cuspid)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

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Your Care Instructions

Teething is the normal process in which your baby's first set of teeth (primary teeth) break through the gums (erupt). Teething usually begins at around 6 months of age, but it is different for each child. Some children begin teething at 3 to 4 months, while others do not start until age 12 months or later. A total of 20 teeth erupt by the time a child is about 3 years old. Usually teeth appear first in the front of the mouth. Lower teeth usually erupt 1 to 2 months earlier than their matching upper teeth. Girls' teeth often erupt sooner than boys' teeth.

Your child may be irritable and uncomfortable from the swelling and tenderness at the site of the erupting tooth. These symptoms usually begin about 3 to 5 days before a tooth erupts and then go away as soon as it breaks the skin. Your child may bite on fingers or toys to help relieve the pressure in the gums. He or she may refuse to eat and drink because of mouth soreness. Children sometimes drool more during this time. The drool may cause a rash on the chin, face, or chest.

Teething may cause a mild increase in your child's temperature. But if the temperature is higher than 100.4 F (38 C), look for symptoms that may be related to an infection or illness.

You might be able to ease your child's pain by rubbing the gums and giving your child safe objects to chew on.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

- Give acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for pain or fussiness. Read and follow all instructions on the label.

- Gently rub your child's gum where the tooth is erupting for about 2 minutes at a time. Make sure your finger is clean, or use a clean teething ring.
- Do not use teething gels for children younger than age 2. Ask your doctor before using mouth-numbing medicine for children older than age 2. The U.S. Food and Drug Administration (FDA) warns that some of these can be dangerous. Talk to your child's doctor about other teething remedies.
- Give your child safe objects to chew on, such as teething rings. Do not use fluid-filled teethingers.
- If your child is eating solids, try offering cold foods and fluids, which help to ease gum pain. You can also dip a clean washcloth in water, freeze it, and let your child chew on it.

When should you call for help?



Call your doctor now or seek immediate medical care if:

- Your child has a fever.
- Your child keeps pulling on his or her ears.
- Your child has diarrhea or a severe diaper rash.

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- You think your child has tooth decay.
- Your child is 18 months old and has not had an erupting tooth yet.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **C015** in the search box to learn more about "**Teething in Children: Care Instructions**".

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