



TRACKS

Age 18 months

Greetings!

Hello! Your child is now almost 18 months old. She will soon want to be making most of her own decisions. Her favorite way of testing is to say "no!" This is normal and important for her development. Being flexible will help you deal with this stage.

Your child's health care

Well-Child Check Ups:

Now is the time to schedule an appointment for your child's 18 month check-up. If your child receives Minnesota Health Care programs insurance, remember to ask the clinic for a Child & Teen checkup for your child's 18 month checkup. Ask your health care provider if your child needs fluoride.

Immunizations (shots):

By now your child should have received:

- ♥ 1st MMR-Measles, Mumps and Rubella Vaccine
- ♥ 1st Varicella-Chickenpox vaccine
- ♥ 3rd or 4th Hib vaccine
- ♥ 3rd HBV vaccine
- ♥ 4th Pevnar vaccine
- ♥ 1st HAV-Hepatitis vaccine
- ♥ 4th DTaP vaccine
- ♥ 3rd IPV vaccine

The 2nd HAV is due 6 months after the 1st dose.

If you have any questions about whether your child has completed their primary series, please call 1-800- 657-3291.

Reminder: It's never too late to get caught up if your child has fallen behind.

Common health concerns

Chicken Pox:

- Usually occurs 14-16 days after contact with someone who has them.
- Symptoms include small red bumps that progress to blisters, then become open sores with brown crusts
- They can be on all parts of the body and in the mouth.

- Children often have a fever for a few days
- Lasts for 2 weeks but is contagious from 2 days before the sores break out until the sores are crusted over.
- For skin discomfort and itching, give her a cool bath, with baking soda or Aveeno in it, every 3-4 hours and apply calamine lotion.
- Trim her fingernails and wash her hands with soap to prevent infection of the sores.
- You may give children's aspirin-free acetaminophen medicine (e.g. Tylenol, or generic brand)

Call your medical care provider if you have any questions. Sometimes, other medicines or treatments can be given to relieve itching.

Your growing child

In the next few months, your child might do the following:

- ♥ Try to put on own shoes.
- ♥ Feed self with spoon.
- ♥ Point to a few things when named.
- ♥ Build a tower of 3-6 blocks.
- ♥ Listen to short stories.
- ♥ Turn the pages of a book.
- ♥ Kick and throw a ball.
- ♥ Follow simple instructions.
- ♥ Scribble.
- ♥ If your child cannot say more than 5 words, contact us.
- ♥ Premature infants may develop more slowly.
Please call us if you have any concerns.

Feeding your child

- Your child will enjoy feeding himself.
- Be sure to cut foods into small pieces to prevent choking.
- Your child needs at least 2-1/2 cups of milk, 1/2 cup of juice, 2-1/2 servings of bread or cereals, 2 servings of meat, 2-3 servings of vegetables, and 1-2 servings of fruit each day.
- If you have questions or concerns about feeding, contact us or WIC.
- If you haven't discontinued the bottle, only give her water at night and nap time. Please continue to try to wean your child from the bottle/pacifier.
- Brush those teeth!

WIC is a program that provides nutrition education and special foods to pregnant and breastfeeding women, infants and children to age five.

Call 1-800-244-6026 to see if you are eligible to receive WIC Program benefits.

Safety check

Here are a few simple rules to follow to make sure that your child is safe:

- ✓ Use an approved toddler car seat every time your child is in the car.
- ✓ Always check the temperature of bath water with your elbow.
- ✓ Never leave your child, even for a few seconds, in or near any body of water without supervision.
- ✓ Always keep the sides of your child's crib up and mattress at lowest level.
- ✓ Do not offer hard pieces of food or candy.
- ✓ Always keep small objects, such as buttons, wheels, and toy parts away from your child.
- ✓ Check toys for small parts that might come off and cause choking.
- ✓ Have poison control number on the phone (1-800-222-1222).
- ✓ Watch where you leave chairs because your child may like to climb.
- ✓ Don't let your child play with electrical cords or outlets -- keep outlets covered.
- ✓ Keep all household chemicals out of reach.
- ✓ Keep pot handles turned inward on the stove. She might grab them.
- ✓ Use at least a #15 sunscreen.
- ✓ If your child is climbing out of the crib, now may be the time to introduce a bed.

Positive Parenting

Help your child develop a sense of independence:

- ♥ Tolerate messy faces, bibs, tables, and floors.
- ♥ Do not expect her to share toys yet.
- ♥ Read at bedtime or any time of the day.
- ♥ Encourage "pretend play".
- ♥ Praise her when she is behaving well.
- ♥ Allow her to make some choices between 2 things, like "water or milk".

tip

Toddlers love to play in water. Put sponges or squeeze bottles along with dump and pour toys in the bathtub.

Safety Tips - Second-Hand Child Car Seats

Garage sales, secondhand/thrift stores and hand-me-downs may be an economical way to obtain a child car seat, but are not necessarily safe. To ensure that a child is traveling safely in a motor vehicle, here are important guidelines to follow when considering a second-hand child car seat:

- **Ask the previous owner if the car seat has been secured in a motor vehicle during a crash or sustained any damage.** If so, do not use the car seat. The car seat may have been damaged, and although the damage may not be visible, the safety of the car seat may have been compromised.

- **Ensure that the car seat is federally approved.** All car seats manufactured after January 1, 1981, must be federally approved. However, do not use a seat more than six years old; the plastic may have deteriorated. Federally approved car seats are crash tested and must meet federal motor vehicle safety standards. If the label stating the date of manufacture and model number is missing, don't use the seat. This information will enable you to be sure it is a federally approved seat and to check if it's been issued a safety notice or recall. It is also important to register the seat in your name with the manufacturer.

- **Ensure that the car seat has original manufacturer's instructions.** Do not use the car seat if it's missing the manufacturer's instructions. These are necessary to ensure proper usage and to determine whether or not the seat has all its original parts. Each car seat is different, and it is important to review the manufacturer's instructions to ensure that you understand how to use the car seat properly. When used properly, car seats are 70 percent effective in preventing fatalities and the need for hospitalization.

- **Ensure that the car seat has all of its original parts, such as a harness strap, shield or tether strap.** It is important to review the manufacturer's instructions to determine whether or not the car seat has all of its original parts. Check that the straps are not frayed and metal parts are not rusted. Certain parts, such as the car seat padding or chest clip, may be replaced without compromising safety, but it is still important to ensure that all parts are certified replacement parts for the make and model of the car seat and meet all applicable federal motor vehicle safety standards.

- **Ensure that the car seat fits in the vehicle and can be properly secured.** Not all car seats fit in all vehicles. It is important to try installing the seat before you plan to use it. The seat belts in the vehicle should be able to secure the seat properly; the seat should not move from side to side or back and forth.

- **Ensure that the child fits into the car seat.** The car seat must also properly fit the child. The child must be correctly secured in the car seat every time s/he rides in the vehicle. Consult the manufacturer's instructions.

For more information about child passenger safety contact the Countryside Public Health Office in your county.

We hope you are enjoying these letters. We will be writing to you again before your child is 2 years old.

If you have friends that are pregnant, or have young infants, please tell them about our newsletter and have them call us.

Countryside Offices

Swift County

201 13th St. S. • Benson, MN 56215

320-843-4546 or 1-800-657-3291

Yellow Medicine County

415 9th Avenue • Granite Falls, MN 56241

320-564-3010 or 1-800-407-3628

Chippewa County

719 N. 7th St. • Suite 308 • Montevideo, MN

56265

320-269-2174 or 1-800-894-0192

Lac Qui Parle County

600 6th Street • Madison, MN 56256

320-598-7313 or 1-800-255-0736

Big Stone County

47 NW 2nd St. • Suite 104 • Ortonville, MN 56278

320-839-6135 or 1-866-277-5587

Health Tracks was adapted from Communities Caring for
Children MDH, NW District