

Toddler and You

A newsletter for parents of 15 month-old babies



15 month shots

At 15 months, your child may need:

- DTaP - fourth dose
- Polio - third dose
- MMR (measles, mumps, and rubella) - first dose
- Hib - fourth dose
- Varicella (chicken pox) - first dose
- Pneumococcal - fourth dose
- Hepatitis A - first dose
- Flu

Please call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment for your toddler's 15 month shots.

Toddlers are curious about people and their world. When you are loving and show interest in your toddler, you give the emotional support your child needs to learn!

Your toddler can probably walk now and enjoys being able to explore by herself. Toddlers may enjoy playing near other children, but not with them. It is very normal for a toddler to give a friend a toy and then take it back.

Your Toddler at 15 Months...

Your toddler can:

- Point to one or two body parts
- Show an interest in books
- Scribble
- Learn that different toys do different things

Your toddler needs:

- ...someone to name body parts—older brothers or sisters are good at this
- ...people to read books to her and name pictures
- ...a safe area to learn how crayons and markers work
- ...objects and toys to roll, push, shake, stack, and stir



Safety Needs:

- avoid foods that can cause choking such as nuts, popcorn, hotdogs, or grapes
- continue to use an approved car seat
- talk to your child's doctor about lead poisoning if your child:
 - ◇ lives in or regularly visits a house built before 1950 with peeling or chipping paint, or plumbing with lead pipes
 - ◇ lives in or regularly visits a house built before 1978 with recent renovation or remodeling
 - ◇ lives with anyone exposed to lead through automotive repair, plumbing, pottery, or who works at a factory which releases lead

Dental Needs:

- clean your baby's teeth after meals and before bed with a soft toothbrush to prevent decay
- your baby should be completely weaned from the bottle
- limit sippy cups to meal times
- call your dentist if you have concerns about your child's teeth. Dental Clinics North will provide care to children with Medicaid, Healthy Kids Delta Dental, or MICHild. For information, call 1-877-321-7070.
- parents with tooth decay need treatment

This newsletter is provided by Great Start, Health Department of Northwest Michigan, and the Charlevoix-Emmet Intermediate School District.

The Road to Reading...

15 months

*Talk * Read *Explore

You can:

- * **Find** short books and books with few words to a page.
- * **Let** your toddler lead the way. Talk about what he points to and don't worry about reading the "whole" book.
- * **Put** books where your child will be. Keep books in the car, take them along while shopping, or take them along on a doctor's visit.

Book Corner: Children are becoming more and more aware of things around them. Find books that show pictures and objects such as word books. Read books with photos of children doing familiar things like sleeping or playing. Our book pick: *My First Word Book*, by DK Publishing, Inc.

Parents of toddlers find themselves running, bending, and moving as fast as their children. It is helpful to talk to other parents who are as busy as you are!

Books with parenting information are available at your local library.

WIC (Women, Infants, and Children) provides formula, juice and cereal for babies! Milk, eggs, cheese, cereal, juice and peanut butter are also available for children 1-5 years, pregnant, and postpartum women. A family of four who earns less than \$3,554 per month may qualify. Call **1-800-432-4121** for more information.

Need health insurance for your children ages 0-19 years? **Healthy Kids Medicaid** or **MiChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

Have you registered your child on the **Great Start Network**? The Great Start Network is an exciting project designed to help parents prepare their children ages 0-5 for school readiness. Newsletters, family events at local schools, and playgroups are just some of the opportunities available. If you live in the Charlevoix-Emmet Intermediate School District and would like more information about Great Start activities in your school district, please call 547-6217 or 1-877-866-3714 or visit the website at <http://nwhealth.org>.

The **Great Start Network** offers an event line for families to keep you up to date on the events happening in your school district for families with children 0-5. Call 1-877-866-3714 twenty four hours a day and receive access to the event line.

For helpful tips and health information, please visit the following websites:

www.aap.org
www.1800earlyon.org
www.mywebmd.com

For baby information and products:
www.babycentral.com

For smoking cessation help:
www.michigan.gov/tobacco
www.quitnet.com

For dental information and resources:
www.ada.org

For information and resources for children and families:

www.bridges4kids.org
www.marchofdimes.org
www.kidshealth.org

For breast feeding help:

www.lllusa.org
www.wichealth.org

Parent to Parent...



Help us go green! Please email us at Great-Start@nwhealth.org so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

