

Toddler and You

A newsletter for parents of 18 month-olds



18 month shots

If your child has been receiving his shots on time, these may be the last shots he needs until he goes to school! At eighteen 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 - second 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 18 month shots.

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 and pregnant, or postpartum women. Call 1-800-432-4121 for more information.

Toddlers at 18 Months like to imitate their parents and you may find your child trying to sweep, dust, or feed the dog. Temper tantrums may occur because your toddler becomes frustrated and cannot tell you exactly what he wants or needs.

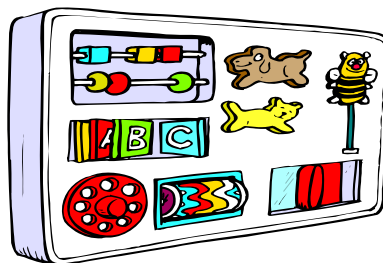
Your Toddler at 18 Months...

Your toddler can:

- Start exploring knobs, switches and handles
- Learn animal names and sounds
- Run!

Your toddler needs:

- ...opportunities to try these movements and "make things work!"
- ...someone to point out pictures and sing "Old MacDonald"
- ...space to try running on grass or sand



Safety Needs:

- a safe area is needed for outside play
- a car seat is still required; a rear-facing seat approved for children up to 2 years is recommended
- supervision is needed in the house, car, or swimming area
- post the Poison Control number by your phone: **1-800-222-1222** and check out DeVos Children's Hospital Regional Poison Center online at poisoncenter.devoschildrens.org

Dental Needs:

- brush your child's teeth at least twice daily—morning and night.
- limit sippy cups to meal times
- 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...

18 months

*Talk * Read *Explore

You can:

- * **Obtain** a library card and borrow books often. A variety of books will help your child develop his imagination and learn more about the world.
- * **Give** your child a chance to turn the pages and answer as he points and names what he sees on the page.
- * **Listen** to sounds with your child. Ask, "Do you hear the bird? There goes a truck. Vroooooom!"

Book Corner: Children at this age especially love animal books of all sizes and shapes. They also enjoy short picture books with only a few words on a page. Our book pick: *Goodnight Moon* by Margaret Wise Brown.

Parent to Parent...



Toddlers have a variety of personalities and skills. If you have concerns about your baby's development, call **Early On** at 1-800-327-5966. If you have concerns about your child's hearing, call the health department for **FREE** hearing screening at **1-800-432-4121**.

Need health insurance for your children ages 0-18 years? **Healthy Kids Medicaid** or **MIChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

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. If you would like more information about signing up for the Network of services, please call 547- 6217, or 1-877-866-3714.

Playgroups! The Women's Resource Center, a partner in the Great Start, offers playgroups for children aged 0-48 months in Ellsworth, Boyne City, Charlevoix, East Jordan, Alanson, and Petoskey. All playgroups are free and are held from 9:30-11 a.m. To locate a playgroup in your area, call 347-0067.

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.llusa.org
www.wichealth.org

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.

