

Toddler and You

A newsletter for parents of two year-olds



Toddler shots

Your child may have all the shots she needs until she goes to school! Check the schedule to be sure:

Twenty-four Month Shots:

Age	Birth	1 mo.	2 mos.	4 mos.	6 mos.	12 mos.	15 mos.	18 mos.	19-23 mos.
Vaccine									
Hepatitis B	HepB	HepB	Hep B	HepB					
Rotavirus		Rota	Rota	Rota					
Diphtheria, Tetanus, Pertussis		DTaP	DTaP	DTaP			DTaP		
H. Influenzae type B (HIB)		Hib	Hib	Hib		Hib		Hib	
Pneumococcal		PCV	PCV	PCV	PCV				
Inactivated Poliovirus		IPV	IPV	IPV					
Influenza				Influenza (yearly)					
Measles, Mumps, Rubella						MMR			
Varicella (Chicken Pox)						Varicella			
Hepatitis A						Hep A (2 doses)			

Call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment if your child needs any of the immunizations above.

Life with your 2 year-old can be challenging and exciting as she discovers her world and tries to tell you about it. She may be noisy, busy and impulsive. She is trying to become more independent and sometimes this is difficult for both you and your child. Try to give your child lots of choices to increase her sense of freedom. Remember that your 2 year-old understands more than she can tell you and this can be frustrating for her.

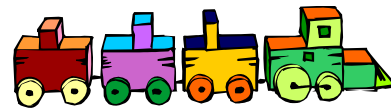
Your Toddler at 24 Months...

Your toddler can:

- Run well and start to jump
- Say his/her name & talk in 3-4 word phrases
- Enjoy playing with different substances
- Feel like she's "too busy" to eat
- Say "NO!" whenever she has the chance

Your toddler needs:

- ...space to run, jump, throw and kick a ball
- ...someone to share nursery rhymes, songs and simple stories
- ...sand, water, paint or playdough to roll, and shape-play with
- ...good food choices when she is interested in eating
- ...to be offered choices as often as possible



Safety Needs:

- remember a 2 year old can open doors and go outside
- pillows or a bed guard may be needed if your child is sleeping in a bed

Dental Needs:

- continue to help your child with tooth-brushing and praise her efforts
- two-year molars should appear
- call your dentist to schedule your toddler's first exam. If you have Medicaid, Healthy Kids Delta Dental, or MICHild you may receive dental services at Dental Clinics North. Call locally: (231) 547-0295 or toll free 1-877-321-7070 for the location nearest you.
- 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...

24 months

*Talk * Read *Explore

You can:

- * **Move and sing** with your child. Act out poems, songs and nursery rhymes, such as "I'm a Little Teapot." This is an active way to let your child play with words and sounds.
- * **Scribble and draw** with your child. Set up a place at the table, or use the high chair and let your child *explore* with markers, crayons, or finger paint.
- * **Point** to signs while you're out walking or riding in the car. Talk about the names of cereals and foods.

Book Corner: Children like to move and play. They can do this with books, too! Look for books of familiar songs and fingerplays like *Itsy Bitsy Spider*, or *Miss Mary Mack*. Our book pick: *Clap Your Hands*, by Lorinda Bryan Cauley.

Planned Parenthood Northern Michigan (231-347-9692) and the Mancelona Family Resource Center (231-587-5044) each have a lending library of books, videos, and **Family Kits** to help parents discuss sexuality with children of all ages.

Great Start Network sends a "Happy Birthday" to your two year old! It's time again for a birthday contact from an Early Educator. They will be calling to update your information and provide resource and referral assistance. Call the Great Start Network for more information 1-877-866-3714.

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 to receive access to the event line.

This is the last newsletter sent to all families in the Charlevoix, Emmet, and Antrim Counties. If you are interested in receiving additional newsletters filled with child development information, health screening opportunities and reminders about your child's safety, this is your last reminder to contact the Great Start Network at **1-877-866-3714** to register to receive the newsletter and other services free to all families in your area. We hope that you will take advantage of all the wonderful perks to being a part of the Network!

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.

Playgroups! The Women's Resource Center of Northern Michigan is offering playgroups for children aged 0-48 months in Ellsworth, Boyne City, Charlevoix, East Jordan, Alanson, and Petoskey. To locate a playgroup in your area, call (231) 347-0067.

For helpful tips and health information, visit these websites:

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

For information and resources for children and families:

www.bridges4kids.org
www.kidshealth.org

For dental information and resources:

www.ada.org

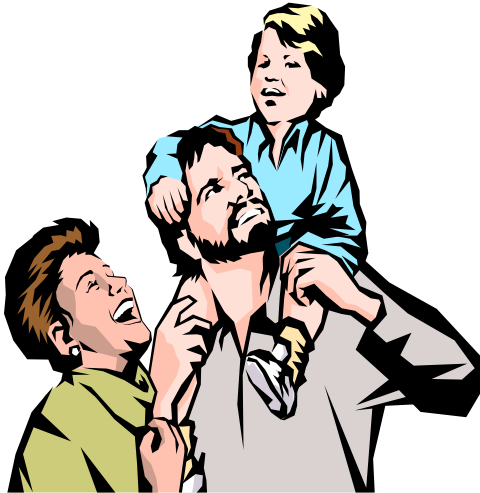
For nutrition information:

www.eatright.org
www.wichealth.org

For smoking cessation help:

www.michigan.gov/tobacco
www.quitnet.com

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.

