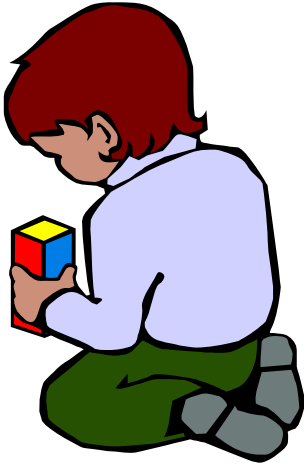


Toddler and You

A newsletter for parents of 28 month-olds

Toddler Shots



Has your child had DTaP #4 and IPV #3? If not call your child's doctor or the health department (1-800-432-4121) to make an appointment.

WHEN YOUR KIDS ARE SICK, KEEP THEM AT HOME!

Do not send your child to nursery school, day care, or school if he has any of these symptoms:

- Fever of 100° F or higher
- Cold-like symptoms with fever
- Sore throat
- Difficulty swallowing and swollen glands
- Coughing and difficulty breathing
- Nausea, vomiting, or diarrhea
- Stomach ache with fever
- Pink eye
- Unusual rashes or infected skin patches
- Headache and stiff neck
- Severe itching or scratching of scalp
- Body aches or pains

Toddlers at 28 months are learning how to be part of a group. The group may be your family or small groups of children. Toddlers want their independence, but need their parents to provide guidance that keeps them safe. It's a challenge for both you and your toddler to find the balance between independence and structure.

Your Toddler at 28 Months...

Your toddler can:

- Walk up and down stairs alone with 2 feet on each step
- Draw lines and circles with a crayon
- Enjoy playing with one or two other children
- Put on his own clothes
- Grow 2" and gain 5 lbs. per year

Your toddler needs:

- ...toys to pedal and push inside and outside
- ...crayons and paper to play with and an adult to help
- ...other children to play with AND praise for good behavior
- ...opportunities to choose what he's going to wear
- ...3 meals per day at regular times, and snacks between meals
- ...food that is easy to eat—soft fruit (bananas), cooked vegetables, small pieces of meat (hamburger or chicken)



Safety Needs:

- to prevent choking, avoid nuts, seeds, popcorn, gum and hard candy
- keep matches and lighters out of your child's reach

Dental Needs:

- continue to help your child with tooth-brushing and praise his efforts
- limit sippy cups to meal times
- two-year molars should appear
- 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.

You can:

- * **Build and play** with your child. Stack food boxes, containers, or toy blocks. This helps your child develop fine motor skills in their eyes and hands which will help with reading later on.
- * **Listen to tapes.** Trips in the car can be stressful! Put in a song tape or story and let your children listen while they ride. Make comments or sing along yourself.
- * **Play with instruments.** Children love to make noise. Let your child use spoons, pots and pans or plastic tubs to bang on. Hearing and understanding sounds is part of reading.

Book Corner: Children enjoy hearing the same words and rhymes over and over. Find books with simple rhymes or words and sentences that are repeated. Our book pick: *Brown Bear, Brown Bear* by Bill Martin and Eric Carle.

Just a reminder! Please call **1-877-866-3714** or 547-6217 for more information on how to receive **Great Start Network** free services to all families.

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.

It is very important for your child's health and development to have proper nutrition. **WIC** (Women, Infants, and Children) can help by providing free food and many other family resources. Call 1800-432-4121 for more information.

Toddlers all develop at different rates. 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 1800-432-4121

Potty Training:

At age two some children start showing signs of being ready to potty train. Some signs may be:

- o Telling you they want to go potty (using their words)
- o Sitting on the toilet seat for a short period
- o Taking off their diaper and trying to go

Not all two year olds are ready to toilet train. Watching your child for signs that they are ready.

Here are some tips to help parents with potty training:

- o Let your child sit on the potty with or without clothing to help them get used to something new.
- o Be sure your child's clothing is easy to get on and off. Watch out for belts, buttons and snaps
- o Praise, Praise, Praise whenever the child is willing to sit and try to go.
- o Don't expect something to happen every time. If nothing happens, tell the child "Good try, we'll try again later".
- o Always go with your child in public restrooms

Remember they are learning. They won't get it right every time. Having an accident can be upsetting to a child that wants to please mom or dad.

For helpful tips and health information, visit these websites:

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

For nutrition information:

www.eatright.org
www.wichealth.org

For information and resources for children and families:

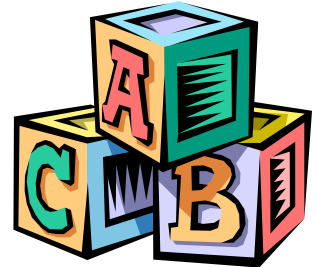
www.bridges4kids.org
www.kidshealth.org

For smoking cessation help:

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

For dental information and resources:

www.ada.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.

