



*age 18 through 23 months*

# Your Growing Child

*A Family Brochure*

Toddlers grow, change and learn differently. Here are some tips to help you enjoy and keep your toddler healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your toddler.

## *Health*

Appetite will vary depending on growth and activity. At this age toddlers:

- Need a Child and Teen Checkups health check at 18 months. Regular health checks are important. Ask your clinic about fluoride use.
- Eat a lot one time and not much the next. Offer 3 meals and 2-3 healthy snacks a day. You decide what to serve, when and where. Let your toddler decide how much (if any) to eat.
- Use a cup, spoon and fingers to feed themselves. No more bottle! Offer the same food you make for everyone else and whole milk (12-16 ounces a day).
- Need teeth and gums cleaned daily with a soft cloth or toothbrush. Use only a pea-size amount of fluoride toothpaste.



- May sleep 10-12 hours at night and nap once a day.
- Can fall asleep on their own. Keep a regular bedtime routine.

## *Learning*

Toddlers at this age:

- Know 15-20 words and like to imitate what you say and do. Read short books with colorful pictures together.
- Walk well and start to run.
- Like to throw balls, pull toys along the ground and scribble.
- Start to give kisses but may still be afraid of strangers.
- Like to make their own decisions. Give choices —“Do you want the red one or the blue one?” Be consistent and praise your toddler often!
- May have tantrums. Help your toddler put his feelings into words “You’re frustrated that your tower fell. Why don’t we build another one?”



## *Safety*

- **ALWAYS** use an approved car seat, properly secured in the back seat.

- Keep your hot water temperature below 120°F. Before bathing your toddler, check the water temperature with your wrist.
- Toddlers can drown in a small amount of water. Never leave your toddler alone in a bathtub, or near water.
- Never leave your toddler on a high place like a changing table, sofa, or kitchen counter.
- Don't let **anyone** smoke around your toddler.
- Always keep crib rails up and the mattress at the lowest setting. Change to a toddler bed if he climbs out of the crib.
- Keep plastic bags, balloons, safety pins and small objects such as coins and hard pieces of food away from your toddler. Never allow your toddler to walk, run, or ride in the car with food in his mouth.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Toddlers are curious. Lock up your gun and bullets separately. It's the law!
- Your toddler is becoming independent and may run away from you when you aren't looking. **Watch your toddler carefully.**
- Child proof your home! Keep medicines, poisons and sharp objects locked up. Use gates by stairs.

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1-800-358-0377.

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿង របស់អ្នក ឬហៅទូរស័ព្ទមកលេខ 1-888-468-3787 ។

Pažnja. Ako vam treba besplatna pomoć za tumačenje ovog dokumenta, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1-888-486-8377.

ໂປຣດຊາບ. ຖ້າທາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂຮໂປທີ 1-888-487-8251.

Hubachiisa. Dokumentiin kun bilisa akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbilli 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1-888-562-5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda qoraalkan, hawlwadeenkaaga weydiiso ama wac lambarka 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1-888-428-3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1-888-554-8759.

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ADA2 (12-12)

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**Minnesota Poison Information**  
**1-800-222-1222**  
**Minnesota Immunization Hotline**  
**1-800-657-3970**

