

**Schedule checkups in the coming year**

In your child's second year, there aren't as many well-child visits. Be sure to call your doctor or clinic to find out when to schedule these checkups. Because these visits don't happen as often, it's important to review your child's immunization schedule and ask about his development.

**Vaccines are the best protection!**

Thanks to immunizations, we are able to safely protect children from more serious diseases than ever before. Vaccine-preventable diseases and their long-term effects are most severe in infants and young children. Immunizations help protect your child from diseases she may be exposed to at home, child care, or in public, like at the mall or grocery store. Diseases are often spread to infants and toddlers by an adult, teen, or sibling who may have only mild symptoms of illness. For the best protection, it's important that your child gets her immunizations at the recommended age. More than one dose is needed for most vaccines.

Visit [www.cdc.gov/vaccines/schedules/easy-to-read/child.html](http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html) for a current recommended immunization schedule.

**Teach hand washing**

It is important that your child learns that he should wash his hands often. Make sure that hands are washed often at child care. Germs that cause many illnesses can pass from his hands to his mouth even if his hands don't look dirty. Wash your hands with him to show him it is important. Use soap and warm water. Rub soapy hands together for at least 20 seconds (the time it takes to sing the ABC song). Rinse well and dry. Use alcohol-based hand gel or disposable wipes only when there is no soap and water available.

**How your toddler is developing**

Toddlers learn by trying new things and doing them over and over again. You can help your toddler learn by playing together. She will begin to do new things, such as:

- say simple words
- scribble
- walk without help



Talk to your child about the world around you. This will help her learn new words. It is important to use real words, not "baby talk." Use short sentences. Talk about the things you are doing and what you see as you walk or drive. She can understand much more than she can say.

Saying "no" is normal for a toddler. It is a first step toward independence. When your toddler says "No," it is important not to get angry. Stay calm and be firm about what you want her to do. Give her simple choices when you can.

**Help your child learn about emotions**

Your child is starting to express many feelings. You can help him learn about how to handle these feelings.

- Let your child know you understand his feelings. Tell him when you notice he is happy, sad, angry, disappointed, excited, etc.
- Play with your child. You may be able to learn why he is anxious, scared, happy, or proud.
- Read or look at books about feelings together. Ask your librarian for ideas.
- Be aware of your own emotions. The better you understand your own feelings, the better you will understand your child's.

Remember that your child learns about handling his feelings by watching how all the adults who care for him handle theirs.

# Keeping Your Toddler Healthy and Safe

## Help your toddler get to sleep

Most toddlers need a nap during the day and should sleep about 11–12 hours at night. A bedtime routine can help your child get used to going to sleep on her own. Put her to bed at the same time every night. Brush her teeth, and wash her face and hands. Look at a picture book together. Then put her in bed, give her a hug and a kiss, and leave the room.

When there are changes in your child's life, such as being sick, going on a trip, moving, or getting a new brother or sister, her sleep habits may change. Having a bedtime routine that you follow every night may help. Now that the greatest risk of SIDS has passed, let your child choose a special blanket or stuffed animal to take to bed. If you have concerns about sleep, talk with your doctor or nurse.

## Stay involved in child care

Your childcare provider is your partner in caring for your child. He or she helps your child feel safe and cared for when he is not with you or another family member.

- It may help your child to have a drop-off routine. This may include a special hug or a kiss.
- It is important to communicate often about how your child is doing at childcare and at home.
- Offer to volunteer for cleanup days or to help children with activities.
- Join in special events, such as field trips, career day, or on dates that are culturally important for your family.

For more information on choosing quality child care, visit the **Department of Early Learning** at [www.del.wa.gov/parents-family](http://www.del.wa.gov/parents-family)

## Protect your toddler's skin from sunburn

A child's skin burns easily. All skin colors can get sun-burned. Sunburns in childhood increase the risk of skin cancer later in life.

Keep your child out of the sun between 10:00 am and 4:00 pm, when the sun's rays are most harmful. Encourage her to play in the shade. A hat, sunglasses, and lightweight clothes that cover her shoulders, arms, and legs will help protect her.

Use sunscreen lotion (at least 15 SPF) to help protect your toddler's skin. Rub plenty onto all bare skin about 20-30 minutes before going outside. Reapply every 2-3 hours and whenever she has been in the water.



## Take another look!

Your toddler can open and reach things now that he could not before. It's time to child-proof your house again.

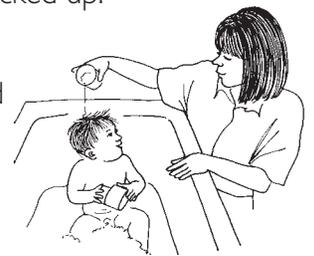
- Attach tall or heavy furniture, such as dressers, flat panel TVs, or TV cabinets to the wall from the top.
- Keep furniture away from windows so your child can't climb up and fall out. Install window locks so that windows will not open more than three inches.
- Cover all electrical outlets, even those behind chairs and tables.
- Keep cleaners, poisons, nicotine vials, marijuana products, vitamins, toothpaste, and medicines out of sight and locked up, or on a high shelf.
- Keep guns unloaded and locked up.

## Drowning dangers

Drowning happens quickly and quietly. Toddlers can slip into water when you are not looking.

Be within arm's reach of your child when she is near water, whether it is a bathtub, a pool, a lake, or the beach.

Water in a wading pool, hot tub, garden fountain, toilet, or cleaning bucket often attracts young children. Empty small pools and buckets, and keep the toilet lid closed. Any swimming pool or hot tub should have a fence all the way around it with a self-locking gate.



## Check alarm batteries

Working smoke and carbon monoxide alarms save lives. Install alarms according to the manufacturer's instructions. Push the "test" button on all alarms every month. Replace batteries if your alarms don't respond or if they "chirp." This means that the battery charge is too low. When the "test" button fails on a ten-year lithium smoke alarm, the entire alarm should be replaced.

## Lithium "button" batteries can be dangerous

These batteries are used in remote controls, greeting cards, watches, toys, and other devices. Your child can find and swallow them without being seen. They can quickly damage the throat and digestive system. A child who has swallowed a battery may cough, choke, wheeze, drool, vomit, or lose their appetite. Take your child to the emergency room right away if you think he has swallowed a button battery. They cannot be allowed to pass through the body. **Keep products with button batteries out of the reach of young children.**