HELP ME BE HEALTHY...

At this checkup:

• I will be weighed and measured.
• I will have several immunizations. If I have had any reactions to the immunizations before, remind my doctor or nurse about what happened.
• You may be asked to complete an “Ages and Stages Questionnaire” to help determine if there are any developmental concerns.

Ask the doctor or WIC Nutritionist about my eating habits. I am eating a variety of foods. Do not worry if my appetite changes from meal to meal.

PLAY WITH ME. IT HELPS ME LEARN!

• Read stories. This helps me learn new sounds and words.
• Play hide-and-seek games.
• Pretend with me. Let’s make believe we are cooking, eating, washing, cleaning, drinking or going on a hike. I like to copy what you do. It is also fun for you to sometimes copy what I do.
• Build a tower with blocks.
• Reward me when I do a good thing. Think about rewarding me with activities that I like to do, such as reading a favorite story or spending time with a favorite person. Using food as a reward can lead to problems later.

HELP ME GET READY TO GO TO SLEEP...

Bedtimes can be a problem when I am overtired. I really enjoy stories or another quiet activity before I go to sleep. A regular bedtime routine helps me to settle down.

My photo at 15 months.
I am learning at my own pace. If you have questions because you think it is taking me a long time to learn to do some of the items on the list, please call my doctor, nurse or contact our tiny-k office for a free developmental screening. You can find that number at http://tiny-k.org/. If child care is in my future and you need help finding a high-quality child care program, call the Child Care Aware® of Kansas Parent Resource Center toll free at 877-678-2548.

WATCH FOR ME TO...

• Let you know what I want without crying. I may point, reach, make a sound, put up my arms, pull on you or even say a word.
• Stand for 10 seconds or more.
• Wave bye-bye when someone is leaving and tells me goodbye.
• Call you “mama” and “dada.” You are so happy to hear me say those words when I see you.
• Talk all the time. Most of the time it sounds like jabbering and I am the only one who knows what it means.
• Know the meaning of some words like “juice,” “cup,” “no” and “out.”
• Stop to pick something up and stand up again without holding on to anything.
• Drop small things like a block into a container. When I do this, I open my hand to drop the block.
• Turn and look when I am called.

HOW I AM GROWING...

My Length: ________________________________

My Weight: ________________________________

Sleeping Habits: ________________________________

New Skills & Talents: ________________________________

_________________________________________________________________

Favorite Things & Activities: ________________________________

_________________________________________________________________

HELP ME BE SAFE...

Help me learn what I can do. Show me and tell me what you want me to do. If I do not do it or I disobey you, show me or tell me again. Praise me when I do it right. Do not yell or hit me. I learn more quickly and easily if you teach me or show me than if you punish me.

Teach me not to play around stairs and windows. Accidents can happen. Check the screens on the windows. Make sure the screens are not broken or torn.

YOU MAY NOTICE...

• That I have a change in appetite. I may not eat as much as I used to because I am not growing as fast.
• That I may put all my energy into learning to walk. Because I am learning to walk, I might be slower to learn some other things.

BE CALM WHEN I HAVE A TEMPER TANTRUM...

It is okay for me to cry and scream when I am angry. This is one way I say, “I am angry.” I do not have enough words yet to explain my feelings. You can say, “I know you feel really angry when that happens!” As I grow older, I can learn other ways to deal with my anger.

Do not give me what I want when I scream. Let me calm down and then help me change my attention to something I can do.

Here are some ways you can help me stop the tantrum:
• Stay calm.
• Keep me from hurting myself by putting me in a safe place.
• Hug me and comfort me when I have calmed down.

Spanking and yelling at me do not help. They only make me more angry. I will calm down with your help or on my own. When I am quiet, help me do an activity that I enjoy.