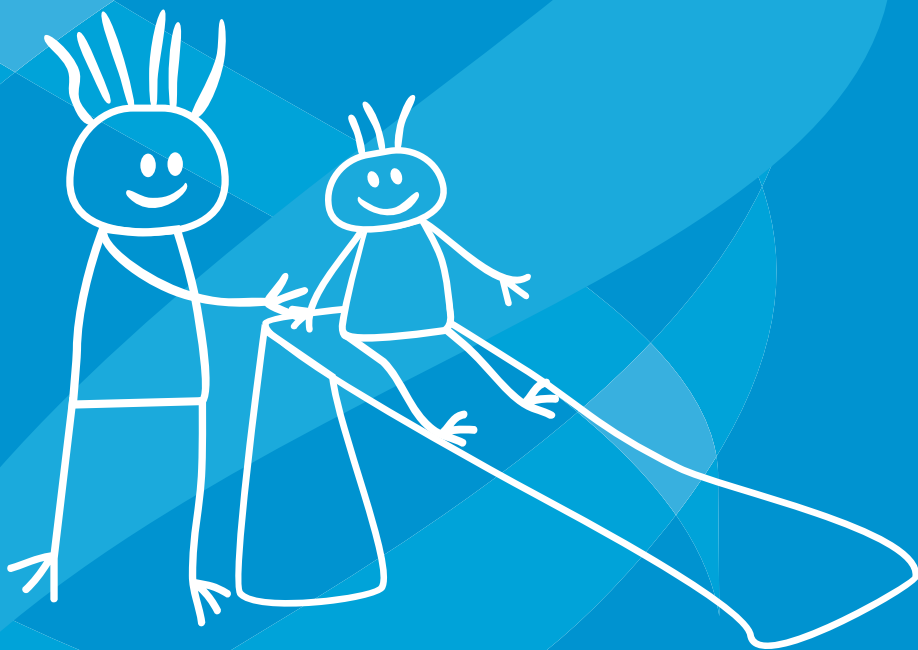


Now I am 1 (1-2 years)



What I need

Some tips for caring for your toddler.

<p>Sleep and settling</p>	<p>Helping your toddler to sleep is one of the most common concerns for parents</p> <ul style="list-style-type: none"> > A regular routine before sleep time will help your toddler settle. You could include things like a bath, a drink, teeth cleaning, cuddle, story, song and a kiss goodnight > Few sleep through the night. Your toddler may miss you or be unable to get back to sleep. You may need to help them settle > Many give up their day sleep around 2 years of age > Try to rest when you can as you may have to get up to your toddler during the night
<p>Feeding</p>	<p>Show your toddler how to eat well, and set up good habits for life</p> <ul style="list-style-type: none"> > The best drinks are tap water, full cream cow's milk from a cup or breastmilk. Around 12 months is a good age to move from bottle to cup > Eat together as a family and show your toddler how to enjoy healthy food including fruits and vegetables – To learn more visit www.gofor2and5.com.au > Stay with your toddler while they eat, and follow safe eating guidelines to prevent choking. Visit www.cyh.com and look up <i>choking</i>
<p>Safety</p>	<p>Young children need you to keep them safe</p> <ul style="list-style-type: none"> > Watch your toddler at all times around water. This includes water in a bath, a wading pool, swimming pool or in a bucket > Protect your toddler from burns and scalds from things like hot water, hot drinks and the sun. As they become mobile they are at risk of injury from heaters and stoves. Keep hot things out of reach > To prevent falls, use a full harness with play and nursery equipment e.g. swings or prams. It is unsafe to leave a baby or toddler unattended on a change table. Prevent toddlers from climbing onto furniture > When you put your toddler down to sleep make sure they are: <ul style="list-style-type: none"> > in a cot that meets Australian Standards > in a cot that is away from blind and curtain cords > Keep your home and car smoke free. For help to quit smoking call the Quitline on 137 848 <p>For more information visit www.kidsafe.com.au or call 08 8161 6318</p>

<p>Teeth</p>	<p>Look after your toddler's baby teeth to give their adult teeth a good start</p> <ul style="list-style-type: none"> > Tap water and milk are the best drinks for healthy teeth. Give pieces of fruit rather than fruit juice > Brush teeth twice a day – after breakfast and before going to bed at night. From 18 months to 5 years, use a low fluoride children's toothpaste > Lift your toddler's top lip once a month to check for early signs of tooth decay. White lines along the gum line can be the beginning of decay > At around 12 to 18 months your child should have a dental check > For more information visit www.sadental.sa.gov.au or call 08 8222 8222
<p>You and your toddler</p>	<p>You are your toddler's most important teacher</p> <ul style="list-style-type: none"> > Spend time with your toddler as they explore their surroundings. Your toddler will like to help out with household tasks > Toddlers are curious and this is how they learn. Encourage their curiosity within safe limits > Toddlers will be interested in other children and play alongside them, but cannot yet understand social play such as how to share > Toddlers are also working out their feelings and emotions and may have some temper tantrums. You can help them by recognising what may start a tantrum e.g. frustration > Your toddler may be attached to a special object e.g. blanket, book, toy. This can help them to feel secure > Try to take some time to look after yourself > For more information visit www.cyh.com or call the Parent Helpline on 1300 364 100
<p>Immunisation</p>	<p>Important immunisations are due at 12 and 18 months of age.</p> <ul style="list-style-type: none"> > Details are included on the immunisation schedule in the immunisation section of this record > Aboriginal children require additional immunisations at 18 months and 2 years of age > Additional immunisations may be required for children with specific medical conditions. Please discuss this with your immunisation provider > For more information call 08 8226 7177 or 1300 364 100 or visit www.immunise.health.gov.au and/or www.ncirs.edu.au

Help me grow and learn

Children develop at different rates.

Use this checklist to keep track of your toddler's development. If you are concerned seek help.

Now I am 1	Age first noticed
I am learning to talk and can	
Use more words and talk more clearly	
Understand simple sentences such as 'where is your shoe?'	
Point and gesture for my needs	
Point to and later name pictures in a book	
Point to 6 body parts by 2 years (hands, hair, feet, eyes, nose and mouth)	
Enjoy nursery rhymes and action songs	
I am moving and can	
Walk by myself by 18 months	
Kneel on the floor	
Begin to run and climb	
Walk backwards	
Jump and kick a ball by about 2 years	
Throw a large ball	
I am learning to use my hands and can	
Scribble with pencils or crayons	
Draw a straight line by 2 years	
Build a tower of blocks by 2 years	
Put blocks in and out of containers by 15 months	
Tie shoe laces or thread beads	

Now I am 1 (1-2 years)

I am learning to see and can	
Fit objects together by 11-18 months	
Identify objects in the distance by 18 months	
Match everyday objects such as matching two shoes by 2 years	
Point to objects in a book by 18 months	
I am learning to work things out and can	
Undress and help with dressing myself	
Open a door by 2 years	
Ask for things I want by 2 years	
I am learning to be sociable and can	
Manage an open cup without help by 2 years	
Feed myself without help by 2 years (but always stay with me when I am eating)	
Show affection, give hugs and kisses	
Become upset when separated from you	
Want to do everything myself even if I can't	
Show you what I like and don't like	
Play pretend games such as talk on the telephone	

How to help me grow and learn

Your toddler learns best if you spend time and play with them. Here are some ways you can do this.

- > Sing and talk and read to me
- > Laugh with me
- > Play active games with me e.g. with a ball
- > Walk with me
- > Practice jumping, running and climbing with me
- > Help me to explore, encourage my efforts, enjoy with me
- > Remember that I learn more through play than watching TV or a DVD
- > Pretend play with me
- > Help me pour and fill things up when playing
- > If you are a Dad or another special person, try to spend time with me

When to seek help

If you are concerned about anything on the *Help me grow and learn* checklist or notice any of the below, see a child and family health nurse or doctor.

If your baby is

- > Not putting 2 words together by 18 months
- > Not talking in short sentences by 2 years
- > Not responding to simple requests such as 'get your shoes please' by 2 years
- > Not able to point to objects by 18 months
- > Unable to name objects by 2 years
- > Not walking by 18 months
- > Not relating well to others by 18 months

A child and family health nurse or doctor can listen, reassure or provide referrals to services that can help your child.

More detailed information is available on www.cyh.com or call the Parent Helpline 1300 364 100

18-24 month health check

(Assessment by child and family health nurse, GP or paediatrician)

Name

Date of birth/...../.....

Sex M / F

Health assessment (tick all items)			Appropriate	Follow up	Refer
Weight	kg	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height	cm	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head circumference	cm	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eyes			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Observation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fixation/following		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Corneal light reflections		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oral health 'lift the lip' check			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gait			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Testes fully descended R/ L			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Developmental check			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Milestones checklist		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Ages and stages questionnaire		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Immunisation (age appropriate completed as per schedule) Yes No

Feeding at 12 months

Breastmilk + solids Yes No Infant formula + solids Yes No

Feeding at 2 years

Breastmilk + solids Yes No Cow's milk + solids Yes No

Topics discussed: Safety sleep/settling feeding teeth immunisation
 play community services toilet training behaviour (refer to 'what I need' in this section)

Comments:

.....

Plan

.....

Attended with

Name (printed)

Signature Designation

Venue Date of check / / Time

18-24 month health check

(Assessment by child and family health nurse, GP or paediatrician)

Name

Date of birth/...../.....

Sex M / F

Health assessment (tick all items)			Appropriate	Follow up	Refer
Weight	kg	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height	cm	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head circumference	cm	%	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eyes			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Observation		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fixation/following		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Corneal light reflections		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oral health 'lift the lip' check			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gait			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Testes fully descended R/ L			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Developmental check			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Milestones checklist		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Ages and stages questionnaire		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Immunisation (age appropriate completed as per schedule) Yes No

Feeding at 12 months

Breastmilk + solids Yes No Infant formula + solids Yes No

Feeding at 2 years

Breastmilk + solids Yes No Cow's milk + solids Yes No

Topics discussed: Safety sleep/settling feeding teeth immunisation
play community services toilet training behaviour (refer to 'what I need' in this section)

Comments:

Plan

Attended with

Name (printed)

Signature Designation

Venue Date of check/...../..... Time

