

# HEALTHY GUIDELINES

## HELPING YOUR CHILD GROW

One year to five years

This booklet was adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. Bright Futures was published by the National Center for Education in Maternal and Child Health and was supported by Medicaid Bureau.

Information in these guidelines is not intended as medical advice from Pfizer Inc. This information only provides help in establishing guidelines for preventive care. Always consult a physician or other medical healthcare professional for advice on illness or injury.

## Helping Your Child Grow One year to five years

### ABOUT THIS BOOK

During the first year of your baby's life you learned a lot about each other. You learned to recognize his moods and what his different cries meant. He learned to look to you for comfort and other needs.

You and his other caregivers will continue to be his major teachers for the next several years. Keep checking your home to make sure it is still safe for him as he grows. If he is climbing, the medicine cabinet probably needs a lock and windows may need guards. He needs to hold your hand in parking lots or while crossing streets. Make sure he is up to date on all shots and that he continues to get the recommended shots at the right times over the next few years.

At the beginning of his second year of life, your child learns to understand people and things around him by copying what you say and do. By the time he is 5 years old, he will be speaking well and talking about his thoughts and ideas.

Helping Your Child Grow will help you keep your child's early years healthy. Don't hesitate to talk to your doctor or other healthcare professional about any concerns or questions you may have. They are there to help you.

## ONE YEAR

### WHAT YOUR TODDLER IS LEARNING

Your child has changed so much during her first year. She has grown from a tiny infant who basically only ate and slept to a small toddler who is into everything. She may say “Mama” and “Dada” now, and a few other words that mean something important to her. She tests all of your limits because she is trying so hard to do everything. She is very curious. She may be afraid of strange faces and places now, even people or places she has seen before.

Help your toddler to express such feelings as joy, anger, sadness, fear, and frustration, but do not allow hitting, biting, or aggressive behavior. Don't give her too many rules to follow, but be consistent in the rules you enforce.

### HEALTHY HABITS -- INJURY AND ILLNESS PREVENTION

- Check for hazards at your toddler's walking and crawling level
- Be sure that household cleaners, other poisons, and medications are locked away
- Be sure to have syrup of Ipecac handy. If your baby swallows cleaning supplies, other poisons, or too much medicine, call the poison control center or your doctor to find out if and how to use Ipecac to make your baby vomit
- Switch to a toddler car seat, and secure it safely in the back seat. Do not put your child in the front seat if your car has a passenger-seat airbag. They are very dangerous to small children
- Supervise closely, especially near dogs, garage doors, lawnmowers, driveways, streets, and pools
- Put sunscreen on your toddler before she goes outside to play

### NUTRITION

Feed your toddler at mealtimes and give her two or three nutritious snacks each day.

By this age, your toddler needs to practice feeding herself. Give her two or three pieces of different finger foods at a time, and let her choose. Give her drinks in a cup rather than a bottle at mealtime. Give her healthy choices, but don't force her to eat.

## SOME QUESTIONS FOR THE DOCTOR OR OTHER HEALTHCARE PROFESSIONAL:

- When should I take my baby to the dentist?
- I can't get her to eat. She only wants to play with the food. What should I do?
- She cannot walk yet. Is there something wrong?

## OTHER QUESTIONS/NOTES

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## FIFTEEN MONTHS

### WHAT YOUR TODDLER IS LEARNING

Your 15-month-old child can be a whirlwind of energy. He probably walks and may even try to run, with the bruises to match his new efforts. He needs your constant supervision and guidance to prevent more serious trouble. Though he still uses mostly grunts and points to communicate, he can follow simple directions. Many toddlers love to climb, so be careful about where dangerous or fragile items are stored. Even high shelves can be reached by ambitious climbers, especially those who pull chairs over to give them a leg up.

Over the next several months, your toddler will also be learning by watching other children, though he still will probably play alongside of them rather than play together. Try to give him short social times and lots of time for safe exploration. To keep up your energy for your 15 month old, you may need to nap when he does.

### HEALTHY HABITS -- INJURY AND ILLNESS PREVENTION

- Keep household cleaners, other poisons, and medications locked away
- Keep your toddler away from hot stoves, fireplaces, irons, curling irons, and heaters
- Don't leave your toddler alone in the bathtub or pool, or near toilets. He could fall into the water and drown

- Use sunscreen when outdoors, not only at the beach or pool. Toddlers burn very easily and should not be left in the sun for long, even with sunblock
- Watch your toddler closely, especially near dogs, garage doors, lawnmowers, driveways, and streets

## NUTRITION

Eat meals as a family, and let your toddler feed himself. Let your toddler experiment with different foods by touching them and putting them in his mouth. He may play with a new food many times over several weeks before he will actually eat it, so give him many chances to experiment. He will probably eat a lot at one time, not much the next. This is common. Give him healthy choices, and let him drink from a cup at mealtime, rather than a bottle. Don't give him foods that can cause choking -- peanuts, popcorn, whole grapes, raisins, corn, hard candy, or large pieces of raw vegetables or fruit. Do not force him to eat.

## SOME QUESTIONS FOR THE DOCTOR OR OTHER HEALTHCARE PROFESSIONAL:

- How should I discipline my child?
- When can I begin toilet training?
- What should I know about brushing my child's teeth?

## OTHER QUESTIONS/NOTES

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## EIGHTEEN MONTHS

### WHAT YOUR TODDLER IS LEARNING

Your 18-month-old child is trying to become independent from you, yet she still needs lots of cuddling. In her explorations, she may climb the ladder for the slide, look into the cupboards, or run down the grocery aisle, but she may get scared if she looks around and doesn't see you.

She is probably learning to talk, with maybe 20 words and a few phrases, so her favorite word may seem to be “no”! Toddlers often get frustrated easily, and they don’t like change. If you try to take your child home before she is ready, she may collapse her legs in protest.

As your 18 month old tests you, it is important to remember that she needs lots of patience, consistent limits, and respect. Choose a few rules that are important and enforce them consistently. Distract her and use short time-outs to discipline. Don’t forget to praise her whenever you “catch her being good,” and try to laugh at her antics. A sense of humor can be your best parenting aid.

### HEALTHY HABITS -- INJURY AND ILLNESS PREVENTION

- Use a toddler car seat in the back seat, and do not put your child in the front seat if your car has a passenger-seat airbag
- Keep cigarettes, lighters, matches, alcohol, guns, and electrical tools locked or out of your toddler’s sight and reach
- Check window guards and safety gates
- Check smoke detectors to make sure they are working
- Choose caregivers carefully. Discuss how you discipline your child. Don’t allow the caregiver to discipline the child by hitting
- Do not allow biting, hitting, or aggressive behavior, but give your toddler words to show some anger or frustration

### NUTRITION

Mealtimes will be messy. Don’t make that an issue. Allow your toddler to eat with her hands as she tries to learn how to use a fork and spoon. Give her healthy choices, and encourage her to experiment with food, deciding what and how much to eat from the nutritious foods that you offer.

### SOME QUESTIONS FOR THE DOCTOR OR OTHER HEALTHCARE PROFESSIONAL:

- She has temper tantrums. What should I do?
- She doesn’t play with other children. Is this normal? How do I teach her to share?
- How do I do time-outs?

## OTHER QUESTIONS/NOTES

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### TWO YEARS

#### WHAT YOUR TODDLER IS LEARNING

Two year olds learn by copying. Your child listens to everything you say and tries to repeat what he can. He probably can say simple sentences like, “I want that,” and he may stammer if he speaks fast and cannot keep up with it. Don’t bother correcting him or saying the words for him. He will learn so much more by listening to your conversation and talking with you.

Your child is also watching everything you do and likes to imitate your activities. He may pretend to read, brush his teeth, or cook his dinner. Some toddlers will carry on long conversations with themselves or their toys. They may also begin to explore their bodies.

Two year olds want attention from their parents very much, so they will often test their limits. Plenty of praise and lots of hugs can help you enjoy your toddler’s high spirits.

#### HEALTHY HABITS -- INJURY AND ILLNESS PREVENTION

- Be sure that cupboards and cabinets that may hold dangerous things are locked
- Make an appointment with a dentist for your child
- Use distraction, a firm voice, and “time-outs” for discipline
- Do not force toilet training
- Do not expect young children to supervise your toddler
- Make sure playgrounds are safe

#### NUTRITION

Mealtimes continue to be messy. Your toddler is trying hard to master the use of a spoon and fork. Give him a variety of finger foods and also foods that let him practice using utensils. Don’t help him with them, and don’t try to feed him. Let him experiment with food, and

avoid struggling with him. Offer him nutritious snacks during the day, and let him decide how much to eat.

### SOME QUESTIONS FOR THE DOCTOR OR OTHER HEALTHCARE PROFESSIONAL:

- My child is scared of monsters and cries at night. What can I do?
- My child is always bugging his older brother. How can I get my children to stop fighting?
- He doesn't seem to be saying more than a few words. Should I be worried?

### OTHER QUESTIONS/NOTES

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## THREE YEARS

### WHAT YOUR TODDLER IS LEARNING

Caring for your child has changed, as your 3 year old can probably dress and feed herself. She may know her sex and can respond to questions about her name and age.

More of your energy will now be spent guiding your child to make good choices. Your child is probably talking quite clearly now and may want to bargain with you: "Story first, then nap." Most children want to make decisions, so give her choices that you are comfortable with, such as choosing between red and blue socks or between an apple or an orange for a snack. Making simple choices teaches children what they like and gives them a sense of right and wrong.

The 3 year old still needs firm limits to be safe, however, so other decisions such as bedtime or whether she can play outside should still be made by the parents. When your child starts preschool or child care, get to know her teacher and talk with her about her new friends and activities.

## HEALTHY HABITS -- INJURY AND ILLNESS PREVENTION

- Continue to use a car seat in the back seat
- Teach your child not to talk to strangers
- Make sure that household cleaners, other poisons, and medications are locked away
- Supervise closely, especially near dogs, garage doors, lawnmowers, driveways, streets, and pools
- Continue to keep your home and car smoke free
- Keep guns out of your home or lock them up, and store ammunition separately

## NUTRITION

By age 3, a child is ready to join the family conversations during mealtime. If food has not been a battleground, a 3 year old child will imitate her family members. She will eat the foods they eat, and she will begin to imitate some good table manners. Even if she has strong favorites, continue to give her new foods to try. Don't be discouraged if it takes a while before she likes new foods, and don't bribe her with sweets. Children in preschool and child care may learn to like new foods by watching other children eat them.

## SOME QUESTIONS FOR THE DOCTOR OR OTHER HEALTHCARE PROFESSIONAL:

- She's toilet trained during the day, but still has accidents at night. How should I handle this?
- She won't let me help her get dressed, even though she can't tie her shoes yet. Is she just being stubborn?

## OTHER QUESTIONS/NOTES

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## FOUR YEARS

### WHAT YOUR TODDLER IS LEARNING

Over the next year, your child will probably try to test your limits to see how far he can go before you will get mad. He may walk off the curb, grab his sister's toys, or refuse to eat the holiday meal. As your patience is stretched, keep in mind that he needs to figure out for himself good social skills and expected behavior in the family. Even more than at other ages, praise and compliments work wonders and can help you keep your sense of perspective

Your child may seem filled with energy. Many 4 year olds love to run, climb, and gallop, just for the joy of moving. They love to exaggerate and make big things. Even their drawings are made with big strokes. Since your child's coordination is better than ever, he may like to show you tricks like jumping, hopping, and doing somersaults. Sometimes it may seem as if all you hear is "Watch this, Mommy." Some 4 year olds can learn to use roller skates and bikes with training wheels.

### HEALTHY HABITS -- INJURY AND ILLNESS PREVENTION

- Use a car seat or a booster seat until your child is 60 pounds or his head is higher than the back seat
- Know where your child is at all times. He is too young to be roaming the neighborhood alone
- Teach your child to swim
- Make sure your child always wears a bike helmet when riding his bike
- Teach him safety rules about strangers

### NUTRITION

Your 4 year old does not need any help eating now, except for cutting his food. He has definite likes and may refuse to eat things that he does not like. His table manners are getting better. Meals should be a time for the family to talk and share, not a time to battle over food. Don't use desserts as a bribe. If your child refuses to eat, let him leave the table, but don't let him return to it until the next meal.

## SOME QUESTIONS FOR THE DOCTOR OR OTHER HEALTHCARE PROFESSIONAL:

- What should I do if he breaks a tooth?
- How much television should I allow him to watch?
- He is still sucking his thumb. Should I try to get him to stop?

## OTHER QUESTIONS/NOTES

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## FIVE YEARS

### WHAT YOUR TODDLER IS LEARNING

The 5 year old loves to talk. She uses complete sentences of at least five words and can also recall parts of a story. She will ask constant questions, because she really wants to know everything. She likes you to read to her and is anxious to learn how to read on her own.

She can build a 10-block tower, hop on one foot without losing her balance, and throw a ball overhand with more control than she could a year ago. She can also remember her first and last name and may be able to repeat her telephone number. She can identify colors and can draw a picture of a person with more parts than she could draw as a 4 year old.

### HEALTHY HABITS -- INJURY AND ILLNESS PREVENTION

- Use a car seat or booster seat until your child is 60 pounds or her head is higher than the back seat
- Teach your child how to get to school safely and how to cross the street, but still supervise closely
- Discuss safety when walking and at the playground
- Teach her stranger safety
- Teach her personal grooming and cleanliness, including how to brush her teeth
- Provide a safe after-school environment
- Be sure your child gets plenty of sleep and enough physical activity

## NUTRITION

Your 5 year old eats with the family and has a good grasp of table manners now. Most children can wait a short time for food and eat what is prepared, even if it is not a favorite food. They can also sit at the table until they are finished. Continue to provide healthy food, and let your child choose how much to eat. Meals continue to be a time to share experiences.

### SOME QUESTIONS FOR THE DOCTOR OR OTHER HEALTHCARE PROFESSIONAL:

- How can I tell if my child is ready for kindergarten?
- What kinds of responsibility should she be given now?

### OTHER QUESTIONS/NOTES

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