

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Hold and drink from a cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk most of the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put one or two words together (my blanket, want milk)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Move a riding toy by using legs to scoot forward or back	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Squat down and be able to stand back up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throw a ball toward you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Give your child a large crayon and scribble together on paper.
- Let your child play with spoons and bowls to make a set of drums. Tell your child to listen to the various musical beats you can make.
- Build a block tower and let your child knock it down, build it up again. Your child is learning how to make things happen.

PROMOTE INDEPENDENCE:

- Let your child make easy choices—"Do you want cereal or crackers?"
- Give your child time to try and take off socks or pants.
- Ask your child to follow simple directions—throw the ball, get the block.

SPEND TIME WITH YOUR CHILD:

- Point to pictures of animals in books and make the noise of the animal. Ask your child to make the noise too.
- Look at photos of family members. Tell your child who is in the pictures.

SAFETY NOTE – SUPERVISION

- Your child doesn't have the mental capabilities to control his or her impulses to not touch potentially dangerous things, no matter how many times you say "No". Keep unsafe items locked up.
- Keep balloons out of your child's reach (inflated or uninflated). If a piece of balloon gets into your child's airway, it can quickly cause suffocation. The Heimlich Maneuver cannot remove balloon pieces from a child's airway.

YOUR 15-18 MONTH OLD MAY:

- Pinch, bite or grab when frustrated.
- Use chairs to climb up onto counters or tables.
- Look in every open door (cupboards and closets) to see what is inside.

DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 18 month old child:

- Does not walk with help.
- Does not babble or jabber.
- Does not stand without help.

Resources: Centers for Disease Control and Prevention and the American Academy of Pediatrics: The Bright Futures Guidelines

UNDERSTANDING ME UP TO AGE THREE

FOUR CLASSES FOCUSED ON UNDERSTANDING CHILDREN AGES BIRTH TO THREE YEARS OLD.

- Why I Do What I Do
- Keep Me Safe
- How I Learn
- Help Me Manage My Feelings

Cost: Free

For class dates, call (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org

GUIDE & ENCOURAGE YOUR CHILD AS YOUR CHILD LEARNS & GROWS



Watch me
learn...
science.



At my age...
it's about exploring
to find out how
things work.

Calm the Conflict

With an emerging toddler in the house, there are moments of conflict that will test any parent's patience. Keep these basic discipline techniques in mind when trying to calm the conflicts in your home.

KEEP IT BRIEF: Keep timeouts brief as your child can only connect what he did to the discipline action for a short amount of time.

EXPLAIN: In simple language, tell your toddler what he did wrong and let him know what he should do instead. For example, "You do not hit people. Hitting hurts. Show me what you want."

EXPECTATIONS: When possible, use positive directives with statements such as, "I need you to lie quietly while I change your diaper."

CONSISTENCY: Be as consistent as possible when enforcing limits. To give in once sends the message you will give in again if I scream loud enough.

DISTRACT: When your child is upset, help him change his focus to another activity, book or toy. This strategy of distraction and substitution can often calm him.

PREVENT FRUSTRATION: Conflicts can be avoided by "toddler proofing" the home or by accepting the messiness that usually accompanies the eating and playing of a toddler.

KNOW YOUR CHILD'S TEMPERAMENT: Knowing your child's temperament can diminish conflicts. When you know and understand your child's temperament, you'll know your child's stress triggers and be able to minimize the frustrations on both sides.

TO LEARN YOUR CHILD'S TEMPERAMENT, call (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org.

sanfordhealth.org keyword: parenting

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