

# Newborn to 1 month

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition/Feeding

- Most babies eat 6 to 8 times a day at this age, and breast-fed infants may eat more frequently. At each feeding the baby may take between 2-4 oz. every 2-4 hours.
- Breast feeding or iron fortified formula is recommended. Prepare formula according to instructions.
- Avoid propping the bottles, always be with your baby when he/she is eating, propping the bottle can lead to choking.
- Bottles and nipples should be washed with hot soapy water.
- At this age do not add cereal to your baby's diet unless instructed to do so by your baby's health care provider.

## Development

- There is no such thing as spoiling a child at this age.
- Your baby can hear and see you at this young age. Although their vision is not developed, vision range is best at 7-8 inches.
- Crying may increase during the first 6-8 weeks of life. This is your baby's way of communicating. With time, you will be able to distinguish between the types of crying signaling hunger, a wet diaper, or the need for comforting.
- On occasion your baby may experience constipation as their digestive system develops and their diets change. Constipation is defined as hard stools. It is not uncommon for your infant to go 5 days without a bowel movement. If you notice your baby's stools are quite hard you may give diluted apple or prune juice.
- You may also notice that your baby seems to grunt or strain during bowel movements, this is normal.
- A newborn usually sleeps 15-18 hours per day, of 2-4 hour intervals. By 3-4 weeks of age your infant should be able to sleep in 4-5 hour intervals at night.

## Newborn Care

- Clean around umbilical cord with a cotton ball and anti-bacterial soap until cord falls off. The cord usually falls off in 1-2 weeks. Call the office if there continues to be any drainage or redness around the belly button.
- It is not a good idea to allow anyone to smoke around your baby. An infant's lungs are immature and still developing. The second hand smoke can make your baby uncomfortable and may increase the chance of your child getting ear infections and upper respiratory infections.

## Safety

- Infants should be placed on their back or side to sleep using a small rolled blanket to provide support for the back.
- Infants should sleep either in a basinet or crib. Allowing your baby to sleep with you in bed may lead to the infant being injured or suffocated.
- Always have baby secured in a car seat that is properly buckled in the car. At this age the car seat should be facing backwards. Never put a car seat in a seat with an airbag. The back seat is the safest place for the child.
- Avoid putting necklaces on your baby or using a string around to neck to attach a pacifier. This could choke the infant.
- Never leave the baby unattended on flat surface above floor (changing table). Even though they cannot roll over yet they can wiggle.
- Never allow anyone to shake your baby.
- Smoke/fire/carbon monoxide detectors in the house saves lives. Make sure yours are working. Check batteries twice a year.

## Recommended Reading

- *What To Expect the First Year* • by Arlene Eisenberg, Heidi Eisenberg Murkoff, Sandee Eisenberg Hathaway
- *Your Baby's First Year* • by Steven P. Shelov, MD, MS, FAAP Editor-in-Chief
- *The Womanly Art of Breastfeeding* • by Le Leche League

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**Age Appropriate Guidelines**



# 2 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition/Feeding

- Feedings usually decrease to 4-5 times a day, taking 5-8 oz. at a feeding (about 26-40 oz. a day).
- Your baby may now have a more regular schedule of eating and Sleeping. Night feedings should only be given on demand of the baby – no need to wake for feeding.
- At this age do not add cereal to your baby's diet unless instructed by your baby's health care provider. There can be harmful effects of introducing cereals and other foods to your baby's diet before 4 to 6 months of age.
- Occasionally your baby may experience constipation as their digestive system develops and their diets change. constipation is define as hard stools. It is not unusual for your infant to go 5 days without a bowel movement. If you notice your baby's stools are quite hard you may give diluted apple or prune juice.
- You may also notice that your baby seems to grunt or strain during bowel movements, this is normal.

## Development

- By this age your baby is sleeping more during the night and is more alert during the day. They show more interest in their surroundings, turning toward the direction of sound, and begin to smile in response to someone or something.
- Head control increases, by 3-4 months he will be able to hold his head up well.
- Talk to your baby, he will begin to coo and imitate sounds by 3-4 months. \*Voluntary movements increase - kicking, reaching, and grabbing objects. But, be careful, everything goes straight to the mouth! This is how infants explores their environment.
- Sleep patterns vary at this age. Your baby may sleep for 8-12 hours at night, or may still awaken every 3-4 hours.

## Safety

- Avoid toys with small parts, since everything the baby gets a hold of goes straight to the mouth. Watch out for older sibling's toys, teach them to keep their big girl (boy) toys away from the baby at this age.
- Always have baby secured in a car seat that is properly buckled in the car. At this age the car seat should be facing backwards. Never put a car Seat in a seat with an airbag. The back seat is the safest place for a child.
- Avoid putting necklaces on your baby or using astring around the neck to attaché a pacifier. this could choke the infant.
- Never leave baby unattended on flat surface above floor (changing table). Even though baby cannot roll over yet, they can wiggle!
- Never allow anyone to shake the baby.
- Smoke/fire/carbon monoxide detectors save lives.
- Make sure yours are working, check batteries twice a year.
- Toys at this age should be unbreakable, light weight and have no small parts. Things that are bright colored, have different textures and make noises will be of interest to your infant.
- Walkers with wheels that an infant sit in are not recommended. Walkers are dangerous because it allows the baby to reach things that are normally out of reach (hot pans, stove), and creates a hazard of tumbling down steps. A good alternative is to remove the wheels or purchase a stationary exer-saucer instead.
- It is not a good idea to allow anyone to smoke around your baby, an infant's lungs are immature and still developing. The second-hand smoke can make the baby uncomfortable and may increase the likelihood of your child getting ear infections and upper respiratory infections.

## Sibling Rivalry

- An older sibling may become jealous. Spend time alone with the older child. Allow them to help with the care of the baby, giving them simple tasks to do.

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# 4 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition/Feeding

- Your baby's primary source of nutrition continues to be from formula or breast milk until about 12 months.
- Typically babies are introduced to solid foods between the ages of 4-6 months. The age of introduction of foods cannot be set rigidly; it depends on the rate of growth, stage of development, and level of activity of the baby. There is no nutritional advantage for introducing solid foods before the infant is 4 to 6 months of age. In fact, there can be harmful effects of introducing solid foods at an earlier age. Check with your baby's healthcare provider to find out if he is ready for solid foods.
- Iron-fortified single grain infant cereals, such as rice cereal is typically the first solid food introduced into baby's diet. Once the baby is tolerating cereal, then other foods can be added. The sequence of foods is not critical, but adding individual (not mixed) vegetables and fruits set a pattern for good variety and a well balanced diet.
- Remember that your baby is learning a new skill and discovering new textures of foods. Never force your infant to eat.
- Occasionally your baby may experience constipation as their digestive system develops and their diets change. Constipation is defined as hard stools. It is not uncommon for your infant to go 5 days without a bowel movement.
- If you notice your baby's stools are quite hard you may give him a small amount of apple, pear, or prune juice.\*You may also notice that your baby seems to grunt or strain during bowel movements, this is normal.
- Teething starts at this age and continues until all primary teeth have come in. The signs of teething start about 2 months before a tooth actually erupts. Symptoms of teething may include drooling, crying, difficulty sleeping, pulling on cheeks and ears, and chewing on anything and everything they can get their hands on! Some say that low-grade fever, congestion and personality changes also accompany teething, but these are all common changes of babies at this age, so it is difficult to determine if caused by teething.

- Helpful hints to get through teething: Keep several teething rings in the refrigerator and recycle them as needed. Be careful of hard foods used for teething, They can crumble and cause choking, always watch infant with these foods. Massage gums with finger. May use Tylenol for severe discomfort. \*Teething varies from child to child, it is difficult to predict when your child's teeth will erupt. However, teething patterns tend to run in families, if members of your family were later in getting their teeth so might your child.

## Development

- By this age your baby should be able to hold their head up well, and they continue to gain more control of muscles, your baby may also begin to roll over soon.
- Your baby will start to be more vocal as he discovers his voice, talk to him, this encourages imitation of sounds and cooing.
- Your baby is beginning to develop socially, enjoys interaction and games of peek-a-boo.
- Sleep patterns vary at this age. Your baby may sleep for 8-12 hours at night, or may still wake every 3-4 hours.
- If your baby has started sleeping through the night then begins to wake at night again, simply check on him, pat on back and allow him go to back to sleep. Feeding may start a cycle of night waking that is unnecessary.

## Safety

- Choking becomes a concern at this age since baby tends to put everything in the mouth. If your baby is not making making vocal noises, stops breathing, or has color changes something is obstructing their airway. Call for help (911) and attempt to dislodge the object. To do this, if you cannot see the object in the mouth or throat turn baby over and give several hard hits to back with your palm. Turn over and check his mouth for object, if still not visible repeat until object comes out or help arrives.
- Avoid toys with small parts, since everything the baby gets hold of goes straight to the mouth. Watch out for older sibling's toys. Teach them to keep their toys away from the baby at this age.

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**Age Appropriate Guidelines**



# 6 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition/Feeding

- Your baby's primary source of nutrition continues to be from formula or breast milk until about 12 months.
- Starting solid food:
- Start with rice cereal. Mix the cereal with formula or water to make a thin consistency. Begin with 1-2 spoonfuls of cereal per meal. As the baby gets used to eating from a spoon increase the amount and the frequency each day. After introduction of rice cereal you may introduce oat and mixed cereal. At each meal, feed cereal until the baby tires of eating from the spoon then follow with a bottle or the breast.
- After the introduction of cereals, you can add baby foods: vegetables, fruit (no citrus) and meats. Continue avoiding raw honey until after first birthday. Unless there is a family history of food allergies peanut butter, eggs, and fish no longer need to be avoided. Babies' taste buds are still developing, they may refuse to eat some foods, especially meats and green vegetables. Continue to offer those foods occasionally as your baby's tastes change. Yellow and orange vegetables are usually more tasteful to babies when starting out.
- Add each new food with several days between them. If the child should have an allergy, this makes it easier to determine the origin of the allergy.
- Your baby may still take 4-5 (8oz.) bottles or nurse 3-5 times a day even with the addition of solid foods.
- You can start introducing a cup with small amounts of water, breast milk or formula.
- Teething continues until all primary teeth have come in. Signs of teething start about 2 months before a tooth actually erupts. Symptoms may include drooling, crying, difficulty sleeping, pulling on the cheeks or ears, and chewing on anything and everything they can get their hands on! Some say that a low-grade fever, congestion, and personality changes may also accompany teething, but these are all common changes of children at this age so it is difficult to determine if these are caused by teething.
- Helpful hints to get through teething: Keep several teething rings in the freezer. Be careful when giving hard foods for teething, they can crumble and cause choking, always watch infant with these foods. Massage gums With your finger. You may give Tylenol for severe discomfort. Teething varies from child to child, it is difficult to predict when your child's teeth will erupt. A child can get their first teeth as early as 3 months or as late as 1 year of age. Teething patterns tend to run in families, so if members of your family were later in getting their teeth so might your child.

## Development

- Begin to sit alone, may show signs of beginning to crawl or may be crawling well.
- Language continues to develop with attempts to say a few words (mama, dada).
- Night Waking may begin around 7-9 months of age and is most likely related to the fear of separation. Though common at this age they have not developed the concept of object permanence, the idea that objects that are out of sight are not necessarily gone. So, when the child wakes at night they become fearful and cry. Your child needs to be comforted by knowing you are there so they can get back to sleep. Avoid rocking, cuddling and feeding since that will encourage them to desire that treatment every night when they wake. Having your child sleep with a security object (blanket, toy), a regular bedtime routine and shorter naps during the day may help. When the child wakes a night, go to him, pat on back, and talk to him soothingly to let him know you are there and then leave the room. Expect him to cry harder. Do this several times until he is back to sleep. You may have to do this for a few hours before they tire and finally all asleep.
- May also start to develop fear of strangers as they begin to develop a sense of awareness of their world. Encourage others to approach infant slowly and allow the baby to get used to them before they touch him.

## Safety

- Choking continues to be a concern at this age since the child tends to put everything in his mouth. Be familiar with CPR and choking procedures.
- Check toys for loose parts that could come off and be choked on.
- Walkers with wheels that baby sits in are not recommended.
- Child proof your home and environments where your child spends time (babysitter, grandparents). Your child will soon be on the go and getting into everything if they haven't already. Get down on the floor and view the world from your child's level.
- Lock up medications and chemicals to prevent poisoning. If you suspect your child ingested something toxic, call the Poison Control Center immediately at 1-800-222-1222.
- The ADA recommends brushing your baby's first teeth twice a day with a smear of fluoride toothpaste.

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# 9 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition/Feeding

- New foods for your baby include tender, soft meats, yogurt and cheese. May begin table foods when baby is in their high-chair or at the table with you at mealtime.
- Continue to avoid citrus fruits and small hard foods such as popcorn, raw carrots, celery or apples.\*Continue to add each new food with several days between each new food in case your child should have an allergy, this makes it easier to determine the origin of the allergy.
- Offer juice, or water in a cup at meal times.
- Bottle/breast feedings may decrease to less than 16 oz. a day, or may continue to be 3-4 feedings a day.

## Development

- By now most infants sit alone, get into position, crawl well, and are beginning to pull up to stand.
- Language continues to develop. Understands simple commands.
- Curiosity is developing as babies of this age are exploring their environment and understanding what is in it. Be careful of what is left lying around because they are sure to find it.
- Baby may enjoy push and pull toys, peek-a-boo, patty-cake and toys that involve putting things in and taking things out.
- Night waking in the infant who usually sleeps all night may begin again. A reassuring pat on the back and consistency will encourage that night-time is sleep time. Regular bed-time routines may also be helpful.
- At this age discipline should involve avoidance and distraction. It is too early for your child to understand the meaning of punishment.
- Once your child is walking, shoes will be necessary. When outside to protect the feet. Buy shoes with flexible soles. The most important part about shoes is that they fit properly.

## Safety

- Choking continues to be a concern at this age since the child tends to put everything in his mouth. Be familiar with CPR and choking procedure.
- Check toys with loose parts that could come off and be choked on.
- Now that your child is pulling up and will soon be walking it means there are many more things to get into. Take a look around the places that your child spends time and child proof those areas. Things like table cloths, lamps, electrical cords, and mini blind cords are all potential hazards for children.
- Keep all medications and chemicals out of reach to prevent poisoning. Never store toxic products in food containers. If you suspect that your child could have gotten into something harmful call the POISON CONTROL CENTER at 1-800-222-1222 immediately.
- Continue brushing your baby's teeth with a smear of fluoride toothpaste twice daily.

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# 12 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition/Feeding

- It is a common concern that the child is not getting enough to eat. As long as the child is growing and developing they are probably getting enough to eat.
- As the child becomes more independent they may insist on feeding themselves. Meal-time may become messy. Once he or she is playing with the food more than eating, it is time to be dismissed from the table or high chair.
- Offer healthy finger food snacks. Soft fruits and veggies, cheese, crackers & yogurt are good choices.
- Be careful with small hard food that could cause choking, always watch child while eating.
- May start on whole milk in a cup and phase out the formula. Whole milk contains the necessary fat for continued brain development.
- Introduce a cup at meal-times if haven't already, and wean from the bottle.

## Development

- Pulls to stand, walks holding on to furniture, may be taking steps on own.
- Waves "bye-bye", points, plays peek-a-boo, throws a ball, indicates wants.
- Curiosity is developing as babies of this age are exploring their environment and understanding what is in it. Be careful of what you leave laying around because they are sure to find it.
- Once your child is walking, shoes will be necessary. The purpose of shoes at this age is to protect the foot when outdoors. Buy shoes with flexible soles and soft uppers. The most important part is that they fit properly!

## Safety

- While a child of this age has increasing abilities to maneuver and manipulate things in their environment, they have no sense of danger. Keep children away from machinery outdoors, lawn mowers and farm machinery.
- Reduce temperature setting on hot water heater to less than 120 F to prevent accidental scalding.
- Now that your child will soon be walking it means that there are many more things they can get into. Take a look around your home and environments where your child spends time and child-proof those areas. Things like table cloths, lamps, electrical cords, mini-blinds, are all potential hazards for your child to pull on top of them or get wrapped-up in.
- Lock up medications and chemicals to prevent poisoning. Never store toxic products in food containers. If you suspect your child ingested something toxic call the Poison Control Center at 1-800-222-1222 immediately.

## Discipline/Behavior

- Your child is now becoming more independent. This can trigger temper tantrums. As long as child is safe to ignore these tantrums as long as possible. Breath holding spells can become a part of temper tantrums. Keep an eye on child, they will eventually have to take a breath.
- Discipline at this age is consistent limit setting, and teaching what behaviors are acceptable. The use of distraction, gentle restraint, and removing child from situation are all good ways to handle inappropriate behavior.
- Regular daily routines and consistent discipline strategies among caregivers will be comforting for a child of this age.

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# 15 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition/Feeding

- By now your child is probably eating mostly table foods, small portions of what the rest of the family is having.
- Children enjoy finger food and feeding themselves, be prepared for a mess.
- Offer healthy finger food snacks. Soft fruits and veggies, cheese, crackers and peanut butter are good choices.
- Be careful with small hard foods that may cause choking, always watch child while eating.
- Weight gain and growth slow down for a while at this age, and typically they do not eat much and may become picky.
- Forcing the issue of eating may cause the child to resist more, offer frequent healthy snacks, they will eat when hungry.
- It is common for a child this age to want the same food for a period of time. No need to worry, they will become bored and change to some other food.

## Development

- Your child's vocabulary continues to increase in number of words they can say. They understand simple commands, and may start to combine words into phrases.
- Child's mobility is increasing, probably walking on own by now. Continues to lack coordination, often falling and bumping into things.
- Children this age enjoy imitating adult behavior such as playing house, talking on phone.
- Imagination is demonstrated in pretend play.
- Your child may also be able to sit still for short periods of time to listen to stories, and
- Know several body parts.

## Toilet Training

- Readiness for toilet training usually happens between 18 and 36 months of age. Cues that signal readiness include:
  - ~ walking well, can pull pants up and down
  - ~ can sit still for 5 minutes
  - ~ able to follow commands and use 2 word phrases
  - ~ imitates actions of parents or siblings
  - ~ feeds self
  - ~ shows desire to follow parents wishes

~ shows awareness of dirty/wet diaper

- Parent must be ready to commit the necessary time and energy!

## Safety

- While a child of this age has increasing abilities to maneuver and manipulate things in their environment, they have no sense of danger. Keep children away from machinery outdoors, lawn mowers and farm machinery.
- Reduce temperature setting on hot water heater to less than 120 F to prevent accidental scalding.
- Now that your child will soon be walking it means that there are many more things they can get into. Take a look around your home and environments where your child spends time and child-proof those areas. Things like table cloths, lamps, electrical cords, mini-blinds, are all potential hazards for your child to pull on top of them or get wrapped-up in.
- Lock up medications and chemicals to prevent poisoning. Never store toxic products in food containers. If you suspect your child ingested something toxic call the Poison Control Center at 1-800-222-1222 immediately.

## Discipline/Behavior

- Your child is now becoming more independent. This can trigger temper tantrums. As long as he is safe try to ignore it. Breath holding spells can become part of tantrum. Keep an eye on child, they will eventually have to take a breath.
- Independence and curiosity are developing which contributes to behavior problems.
- Discipline involves consistent limit setting, and teaching acceptable behaviors. Gentle restraint, distraction and removing child from the situation are good ways to handle inappropriate behavior.
- Positive reinforcement of good behavior is important, praising good behavior boosts self esteem. Try to send more "yes" and "good" messages than "no" and "bad".
- Regular daily routines and consistent discipline strategies among caregivers will be comforting for the child.

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# 18 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition

- Set regular meal and snack times. Offer healthy snacks after meal time. Do not allow child to fill up on juice and crackers before meals.
- Forcing the issue of eating may cause child to resist more, offer frequent healthy snacks, they will eat when hungry.
- Food jags are also common at this age, where child continually want the same food for a period of time. No need to worry, they will become bored and change to some other food.
- Child should be drinking from cup and weaning off the bottle. Replace bottles with cups of milk at meals.

## Development

- Your child's vocabulary continues to increase, now saying about 15-20 words, and can imitate what they hear (watch adult language). They understand simple commands, and may start to combine words into phrases. Read to child to encourage speech development.
- Provide opportunity for physical play (jumping, running, climbing) Limit TV to 1 hour a day, do not use TV as a substitute for interaction or "babysitting" of child.
- Encourage pretend play, it promotes use of imagination.
- Do not expect child to share and cooperate with others.
- Children of this age enjoy toys that can be taken apart and put together, and can begin to help with simple chores, such as picking up toys.
- Can teach child use of toothbrush. Have child imitate you as you brush your teeth.

## Toilet Training

- Readiness for toilet training usually happens between 18 and 36 months of age. Cues that signal readiness include:
  - ~ walking well, can pull pants up and down
  - ~ can sit still for 5 minutes
  - ~ able to follow commands and use 2 word phrases
  - ~ imitates actions of parents or siblings
  - ~ feeds self
  - ~ shows desire to follow parents wishes
  - ~ shows awareness of dirty/wet diaper
- Parent must be ready to commit the necessary time and energy!

## Safety

- While a child of this age has increasing ability to maneuver and to manipulate things in their environment, they have no sense of danger. Keep children away from things such as lawn mowers, hot grills and farm machinery.
- May need to lower crib mattress to prevent child from climbing out of crib.
- \*Take a look around your home and other places the child spends time and child-proof these areas. Things like table cloths, lamps, electrical cords, and mini-blind cords, are all potential hazards for your child to pull on top of them or get wrapped up in.
- Do not allow child to play with plastic bags and balloons, they are choking and suffocation hazards.
- Lock up medications and chemicals to prevent poisoning. Never store toxic products in food containers. If you suspect your child ingested something toxic, call the Poison Control Center immediately at 1-800-222-1222.

## Discipline/Behavior

- Your child is now becoming more independent. This can trigger temper tantrums. As long as child is safe try to ignore these tantrums as long as possible. Breath-holding spells can become a part of temper tantrums. Keep an eye on child, they will eventually have to take a breath.
- A child's independence and curiosity are developing at this age which contributes to behavior problems.
- Discipline at this age is consistent limit setting and teaching what behaviors are acceptable. The use of distraction, gentle restraint, and removing child from situation are all good ways to handle inappropriate behavior.
- Positively reinforcing good behavior is important, praising good behavior boosts self-esteem of child. Try to send more "yes" and "good" messages than "no" and "bad" messages.
- Try to limit the use of a pacifier to bedtime or during stressful situations for child, a pacifier can hinder speech development if used all the time. Try replacing a pacifier with a favorite toy.

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# 24 months old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition

- At this time a child's independence may cause problems with mealtime – refusing to eat food that was prepared and/or inappropriate behavior at the table.
- Do enforce appropriate mealtimes and behavior.
- Do not force child to eat, this may create a pattern of refusal to eat. Try offering limited food choices.
- If your child did not eat well at a meal, try offering food again later.
- Common for child to want the same food for a period of time. No need to worry, they will become bored and change to some other food.
- Set a good example of healthy food choices and acceptable mealtime behavior.
- First dental visit is recommended at this time.

## Development

- Your child's vocabulary continues to increase in number to now over 20 words, and can imitate what they hear (watch adult language). Reading to child will encourage speech development.
- Child can go up & down stairs, can kick and throw a ball.
- Provide opportunity for physical play (jumping, running, climbing) and limit TV to 1 hour a day, do not use TV as a substitute for interaction or "babysitting" of child.

## Toilet Training

- Readiness for toilet training usually happens between 18 and 36 months of age. Cues that signal readiness include:
  - ~ walking well, can pull pants up and down
  - ~ can sit still for 5 minutes
  - ~ able to follow commands and use 2 word phrases
  - ~ imitates actions of parents or siblings
  - ~ feeds self
  - ~ shows desire to follow parents wishes
  - ~ shows awareness of dirty/wet diaper
- Parent must be ready to commit the necessary time and energy!

## Helpful Hints:

- When child straining or urinating tell them what they are doing so they can associate the feeling with words.
- Let child sit on toilet with clothes on, then with pants pulled down.
- Let them look at a book or play with a toy.

- Let child watch parent or sibling of same gender.
- Practice runs to potty chair.
- Praise child for success and cooperation.
- Teach good bathroom habits of hand washing.
- Teach girls to wipe from front to back.

## Safety

- While a child of this age has increasing ability to maneuver and to manipulate things in their environment, they have no sense of danger. Do not leave child unattended near street, water, in a car etc. Try to create a safe play area for child.
- Children of this age continue to be curious, expect exploration, they can get into more because of their improving abilities to master their surroundings.\*Take a look around your home and environments where your child spends time and child-proof those areas and limit possible hazards.
- Lock up medications and chemicals to prevent poisoning. Never store toxic products in food containers. If you suspect your child ingested something toxic, call the Poison Control Center immediately at 1-800-222-1222.

## Discipline/Behavior

- Toddlers of this age depend on routine and rituals, they may be resistant to change.
- Your child may have trouble settling down for the evening for fear they may miss something. Quiet play activities may help.
- Nighttime fears and fears in general are common at this age due to an active imagination. Handle fears with matter-of-fact reassurance (there are no monsters under the bed; Mommy and Daddy are just in the next room). Don't give into tactics the child may use to keep you in their room or allow them to sleep with you.
- As long as the child is safe ignore temper tantrums. Don't give in to demands, try to remain calm and don't scream back.
- Discipline at this age is consistent limit setting, and teaching what behaviors are acceptable. The use of distraction, gentle restraint, and removing child from situation are all good ways to handle inappropriate behavior.
- Positive reinforcement of good behavior is important, praising good behavior boosts self-esteem. Try to send "yes" and "good" messages instead of "no" and "bad" messages.

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# 3, 4, 5 years old

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition

- Avoid junk food and drinks, if you don't want child to have it, don't buy it.
- Child is able to feed self entirely.
- Create a pleasant atmosphere at mealtime, include the child in the conversation.
- Offer small portions, if finishes can give seconds.
- Don't overwhelm the child - Offer limited choices at meal and snack times.
- Encourage good food habits, be a good role model.

## Development

- By age 3, about 90% of children are bowel-trained.
- About 85% are dry during the day, and 60-70% are dry at night.
- By age 4 about 95% of children are bowel-trained. About 90% are dry during the day, and about 75% are dry at night.
- By age 3 your child is beginning to understand the concept of taking turns and sharing.
- Play activities that children of this age enjoy may include: pretend play, play that allows for free expression (coloring, play-doh, painting).
- Child may become irritable when overly tired and may need help to calm down. Switch to quiet, sit down play activities.
- For the 5 year old child:
- School Readiness – Some cues that signal your child is ready to start kindergarten:
  - ~ Knows his colors
  - ~ Identifies some uppercase letters
  - ~ Identifies numbers 1-10
  - ~ Writes first name legibly
  - ~ Can draw stick figures
  - ~ Can count items one by one
  - ~ Plays cooperatively
  - ~ Know full name, address and phone number.

## Safety

- Teach your child about stranger safety and street safety. No bikes or playing near street, talk about danger of throwing ball in street.
- Teach child to approach strange dogs with safety to prevent dog bites and attacks.
- Always supervise children near pools, lakes, and ponds – knowing how to swim does not make the child safe at this age.
- Electrical tools, guns, matches and poisons should be locked up to prevent accidental injury.
- Form a fire escape plan for home and teach it to children, practice it every other month.

## Discipline/Behavior

- May no longer take naps, but a bedtime routine continues to be important. The average preschooler sleeps about 12 hours at night.
- May have night fears (monsters under bed) and Nightmares/terrors. Fears are a big part for a preschooler, they have an active imagination and are aware of the stressors in a family. Help child "wind down" before bedtime. Reassure child that it was only a dream and that they are safe, the goal is to make the child comfortable and feel safe so they return to sleep.
- Regular dental check-ups are recommended.

*As Your Child Grows ...*  
**Age Appropriate Guidelines**



# School-age years

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition

- Avoid junk food and drinks; if you don't want child to have it, don't buy it.
- Encourage participation in physically active play.
- Encourage good health habits.
- Breakfast is an important meal and allows for a good start to the day.
- It is important to pack extra snacks if the child is going straight from school to sports or extracurricular activities.
- Regular dental check ups are recommended.

## Safety

- Helmets, elbow/wrist/knee guards are all necessary for roller-blading and biking. Take time to visit an athletic practice that your child may be participating in to see the type of safety equipment and warm-up exercises used. Inquire about accident and injury prevention.
- Teach child to approach strange dogs with safety to prevent dog bites and attacks.
- Seatbelts save lives – Everyone in the car should buckle up!
- Electrical tools, guns, matches, and poisons should be locked up to prevent accidental injury.
- Form a fire escape plan for home and teach it to children; practice it every other month.
- Swimming lessons are a good idea for your child.

## Discipline/Behavior

- Limit TV viewing/video game playing to 1-2 hours a day. Monitor programs for violence. Encourage other types of activities such as reading, music and physical activity.
- Establish rules of the household: be a good role model in setting examples.
- Show interest in your child's school activities. Maintain open communication with child. If your child has a question or concern who do you want them to get the answer from, you or their friends?
- Praise child and encourage activities of their interests. This will help child develop a positive self-esteem.

*As Your Child Grows ...*  
**Age Appropriate Guidelines**



# Teen-age years

HT \_\_\_\_\_ percentile \_\_\_\_\_

WT \_\_\_\_\_ percentile \_\_\_\_\_

HC \_\_\_\_\_ percentile \_\_\_\_\_

## Nutrition

- Avoid junk foods and drinks. If junk food is tempting keep it out of the house.
- Avoid fad diets and diet pills. If concerned about weight, develop a plan for exercise of involvement in sports, and eat healthy well balanced meals. Skipping meals can be hazardous to your health.
- Encourage good health habits. Breakfast is an important meal and allows for a good start to the day.
- It is important to pack extra snacks if going straight from school to sports or extracurricular activities.
- Regular dental check ups are recommended.

## Safety

- Helmets, elbow/wrist/knee guards are necessary when roller blading and biking. Take the time to visit an athletic practice that your teen is participating in to see the type of safety equipment and warm-up exercises they use. Inquire about accident and injury prevention.
- Seatbelts save lives – everyone in the car should be wearing seatbelts.
- Electrical tools, guns, matches and poisons should be locked up to prevent accidental injury.

## General Information for parents of teens

- Parents need to take seriously the importance of their function as a role model to their teens.
- Establish rules of the house that are consistent and observe them yourself. This may help reduce conflicts.
- Make teen aware of your morals and values as a family. Incorporate them into your discipline and expectations.
- Be part of your child's sex education, making sure they get appropriate knowledge rather than hear-say and myths from their peers.
- Encourage teen to be involved in activities to earn money to spend or save as they wish.
- Respect their need for privacy, your teen is becoming more independent and discovering his identity.
- Set reasonable expectations with fair but firm limits.
- Develop mutual trust. Trust your teen's judgement and they will trust yours.
- Discuss the consequences of drug and alcohol use, drinking and driving, school performance, athletics school performance, loss of privileges.
- Maintain open communication with your teen.

## What to expect from your body

### For Girls

- Usually breast development begins first, starting somewhere between 8-13 years of age. Pubic hair usually develops at the same time. About one year after the breast development begins there is a growth spurt in height, and about two years after breast development begins you may start to menstruate (have your period). For girls puberty can last anywhere from 1 - 6 years. Development can vary from person to person, but patterns of development tend to run in families, ask your mom or older sister when they started to develop. The following ages are based on the average girl's development:
- Breast development begins 8 – 11 years, matures 15 – 18 years
- Pubic hair 11 – 14 years
- Menstruation 10 – 16 years
- Height spurt 10 – 14 years

### For Guys

- Usually testicular growth starts first, sometime between the ages of 11-15 years. Penis size increases after the testis have already started to grow. Pubic hair develops as the penis grows. The height spurt comes later guys than for girls (about 14 years of age). Puberty can last anywhere for 2-5 years. Development varies from person to person, but patterns of development tend to run in families, so ask your dad or older brother when they started to develop. The following ages are based on the average guy's development:
- Testis development 11 – 15 years
- Penis development 12 – 15 years
- Pubic hair 12 – 15 years
- Height spurt 12 – 17 years

### Things to be concerned about:

- A drop in school performance
- Sudden change in friends
- Lack of interest in previous hobbies or activities
- Dramatic mood change, activity level
- Change in eating habits and/or sleep patterns

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