

SAFETY: Always keep medicines out of my reach. If there are any areas of chipping paint or plaster in or around my house, sweep them up and damp mop the floor everyday, if necessary. Have areas repaired immediately. If these paint chips or dust get into my body, I will get lead poisoned, which may cause me to have learning problems later in life. To get rid of the lead dust on my hands, wash my hands a lot during the day. I will try to do things which may be very unsafe because I do not know any better. Please watch me carefully and do not leave me alone.

DISCIPLINE: When I am being “bad”, use time outs and do not spank me. Take me away from what I am doing wrong and sit me down by myself away from the activity for 2 minutes.

DISCIPLINE: If I am unable to stay sitting for a “time-out”, you may need to help me by holding me firmly on your lap for that amount of time. When I am 3 years old, sit me down for 3 minutes; 4 minutes when I am 4 years old, etc. Using one word, remember to tell me why you are giving me a time-out; examples, “time-out, biting”, “time-out, hitting”.

My dose of fever reducing medicine is:

Dear Mom and Dad,

I have turned into an active, curious child. I need all of your energy. I am not ready for a sister or brother yet, so please continue to use birth control so you do not get pregnant.

My next visit to the clinic should be:

I am
Two Years
Old
TEEN



TOT
CLINIC

Milwaukee Adolescent
Health Program
277-8900

Age _____

Weight _____

Height _____

Here are a few things I can or will soon be able to do now that I am 18 months old:

- jump down from low places
- throw a ball
- put on my shoes
- draw circles
- cut paper with a child safety scissors
- answer questions such as “where’s mama?”, where’s your cup?”
- wash hands and face
- play with other children

PLAYING: Include other children for me to play with. Read books to me. Children’s books can be checked out of my neighborhood library. Offer me riding toys or blocks to build things with.

PLAYING: Take me to the playground to swing, slide, or climb. Allow me to paint, scribble, and cut out paper. Tape a newspaper to the table so I do not scribble on the table.

FEEDING: My 3 meals and my snacks during the day should be foods chosen from the milk group, meat/protein group, vegetable/fruit group, and the bread/cereal group. I may start using a fork to eat with if I am not already.

SLEEPING: I am sleeping 10-12 hours at night. I may begin to fuss about having to take naps. Since I still need my naps and you still need some quiet time for yourself, please lay me down for a rest each day.

TOILET TRAINING: Here are some signs which tell you I might be ready to toilet train:

- my diaper is dry when I wake up in the morning
- I can say words like “potty”
- I can pull down my own pants
- I can sit for 5 minutes or more

Give me a treat after I have used the toilet. Continue to sit me on the toilet about every 2 hours throughout the day. There will be times I wet my pants. Change them for me and do not spank me.

If toilet training is causing me or you to get upset, wait a few weeks and try again.