

### Early Childhood – 1 Year

#### Promotion of healthy habits

##### Injury prevention

All toddlers should be in a rear facing car safety seat until they are 2 years of age or until they reach the highest weight or height allowed by the car seat's manufacturer. The car safety seat must be secured in the back seat and your child must remain securely in it at all times during travel.

Sleep routines; 1 nap a day; nightly bedtime routine with quiet time, reading, singing, a favorite toy.

Get down on the floor and check for new hazards now that your baby is walking.

Reexamine the hot water heater thermostat to ensure that it is set at less than 120°F. Continue to test the water temperature with your wrist to make sure it is not hot before bathing your toddler.

Supervise your child constantly and be sure they are always within an arms reach whenever they are in or around water, buckets, the toilet, or the bathtub. Young siblings should not be left alone to supervise your child (e.g., in the bathtub or in the house). Empty buckets, tubs, or small pools, immediately after use.

Ensure that swimming pools have a four-sided fence with a self closing, self-latching gate.

Put sunscreen on your child before they go outside..

Keep your child's environment free of smoke. Keep your home and car nonsmoking zones.

Test smoke detectors to ensure that they work properly. Change batteries yearly.

Do not leave heavy objects or containers of hot liquids on tables with tablecloths that your child may pull down.

Turn pan handles toward the back of the stove. Keep your child away from hot stoves, fireplaces, irons, curling irons, and space heaters.

Ensure that electric wires, outlets and appliances are inaccessible or protected.

Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, and paints and paint solvents locked in a safe place out of your child's sight and reach. Never store poisonous substances in empty jars or soda bottles.

Keep cigarettes, lighters, matches, and alcohol out of your child's sight and reach.

Keep the number of the poison control center near the telephone.

Do not give your child plastic bags, latex balloons, or small objects such as marbles.

Use gates at the top and bottom of stairs and safety devices on windows. Supervise your child closely when they are on stairs.

Keep your child away from moving machinery, lawn mowers, overhead garage doors, driveways, and streets.

Ensure that your child is wearing a helmet if riding in a seat on an adult's bicycle. Wear a helmet yourself.

Teach your child to use caution when approaching dogs, especially if the dogs are unknown or eating.

Choose caregivers carefully. Discuss with them their attitudes about and behavior in relation to discipline. Prohibit corporal punishment.

Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an additional important precaution. Enroll in a child cardiopulmonary resuscitation (CPR) course if you have not already completed one.

##### Nutrition

Feed your child at family mealtimes and give them 2 to 3 nutritious snacks per day.

As much as possible, let your child feed them self. Toddlers learn to like foods by touching and mouthing them repeatedly.

Offer your child nutritious foods and let them decide how much to eat. Toddlers will eat a lot one time and not much the next.

Anticipate that your child's rate of weight gain will be slower than in their first year.

If you are breastfeeding: Discuss with the health professional weaning from the breast when desired.

If you are bottle-feeding: Change from formula to whole milk. Milk requirements decrease to 16-24 ounces per day. Wean your child from the bottle and teach them how to drink from a cup.

Avoid giving your child foods and drinks that are high in sugar.

Ensure that your child's caregiver feeds them nutritious foods.

Avoid giving your child foods or small toys that may be aspirated or cause choking (e.g., peanuts, popcorn, hot dogs or sausages, carrot sticks, celery sticks, whole grapes, raisins, corn, whole beans, hard candy, large pieces of raw vegetables or fruit, or tough meat).

##### Oral health

Begin brushing your child's teeth 2 times a day with plain water using a soft toothbrush.

To protect your child's teeth, do not put them to bed with a bottle or prop it in their mouth.

Give your child fluoride supplements as recommended by the health professional based on the level of fluoride in the toddler's drinking water.

Make an appointment for your child's first dental examination and risk assessment.

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#### **Promotion of social competence**

Praise your child for good behavior.

Encourage language development by reading books to your child, singing songs, talking about what you are seeing and doing together.

Encourage exploration and initiative.

Encourage your child to play alone as well as with playmates, siblings, and parents.

To set limits and discipline a child of this age, use distraction, removal of the object or your child from the stimulus, "time out," structure, and routines. Use discipline as a means of teaching and protecting, not punishing.

Anticipate and avoid unnecessary conflict situations.

Although hitting, biting, and other aggressive behaviors are common, discipline your child so that they learn not to do them.

Expect your child to sleep through the night in their own bed. Reinforce good sleeping habits. Maintain a regular bedtime ritual.

Promote learning of self-quieting behaviors. Consistently provide your child with the same comforting object - such as stuffed animal, blanket, or favorite toy - so that they can console them self at bedtime or in new situations.

Do not begin toilet training for many months. Discuss details of toilet training with your health professional at the next visit.

Limit television watching to less than one hour per day of appropriate programs. Watch programs with your child.

#### **Promotion of constructive family relationships and parental health**

Take some time for yourself and spend some individual time with your partner.

Pick your child up. Cuddle, hold, and talk with your child..

Show affection in the family.

Spend some individual time with each child.

Create opportunities for each family member to interact with and play with your child every day.

Promote family communication. Play games with your child.

Share meals as a family whenever possible.

Reach agreement with all family members on how to support your child's emerging independence while maintaining consistent limits.

Limit the number of people who provide care for your child while you and your partner are working.

Discuss with the health professional your own preventative and health-promoting practices (e.g., using seat belts, avoiding tobacco, eating properly, exercising and doing breast self-exams or testicular self-exams).

#### **Promotion of community interactions**

Ask about resources or referrals for food (e.g., WIC), housing or transportation if needed.

Learn about and consider attending parent-toddler play groups.

Learn about and consider parent education classes or parent support groups.

Maintain or expand ties to your community through social, religious, cultural, volunteer, and recreational organizations.

Discuss with the health professional choosing and evaluating child care programs. Discuss the child care arrangements you have made.