



A parent's guide to raising healthy, happy babies.



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Taking care of your baby is more than just diaper changes and night feedings (although there will be plenty of those, too).

Giving your baby the best start begins with one simple word—love. New brain research shows that reading to, talking to and holding your child can actually stimulate growth and “turn on” brain cells. This is how your child learns.

Love your child. It makes a difference.

For more information, please call the
Indiana Family Helpline at 1-800-433-0746.

Supported in part by project H25MC00263 from the Maternal and Child Health Bureau (Title V, Social Security Act), Health Resources and Services Administration,
Department of Health and Human Services.

Preparing this developmental calendar required the assistance, cooperation and effort of many talented and dedicated individuals; special thanks to the members of the Sunny Start Parent Advisory subcommittee who have made this useful tool possible. The calendar has been adapted from original work developed by the Indiana *I Am Your Child* Coalition.



Dear Parent:

I know from personal experience that being a parent brings much joy, responsibility and hard work.

The first years of your child's life are the most important and lay a foundation that will stay with him or her for a lifetime. As a parent, you are your child's first teacher. It is very important that you model healthy behaviors like eating well, being active, and not smoking. Positive interaction is vital to your child's development, and I encourage you to show your love with hugs and kisses. Laugh with your child, and be sure to talk, sing and read to him or her. By doing these things, you will help form the person your child will become.



Every child and family is unique, and parenting styles can be different. The chart below can be used as a guide to assist you in making healthy decisions for your child. Start at the beginning, even if you have a child that is older. There is information throughout the chart that will benefit families of children of all ages. The chart should be placed in a spot where you can read it often, such as a refrigerator, and followed along as your child grows.

Although raising a child isn't an easy job, it is one of life's most rewarding challenges! Enjoy this time and remember that you are not alone. There is a wealth of information out there to help you develop your own style.

For a Healthier Tomorrow,

A handwritten signature in blue ink that reads "Judith A. Monroe MD". The signature is fluid and cursive, with the letters "J", "A", and "M" being particularly prominent.

JUDITH A. MONROE, M.D.
STATE HEALTH COMMISSIONER

How to help your crying baby

A baby cries for many reasons. I cry because there is something I want to tell you.

Sometimes I cry to tell you:

- ▶ I am hungry.
- ▶ I have gas pain.
- ▶ I am too cold or I am too hot.
- ▶ something scared me.
- ▶ I am sick or I hurt.
- ▶ I am bored or I am lonely.
- ▶ there is too much noise.
- ▶ I am being held by too many different people.
- ▶ my diaper is wet and I need to be changed.
- ▶ I am tired.

Sometimes I cry when I think you are feeling upset or grumpy.

Sometimes I am just fussy because:

- ▶ I don't know how to settle down.
- ▶ I am in a bad mood.

You may feel bad, angry, helpless or worried if you don't know why I am crying, how to comfort me or how to keep me from crying so much.

Help me to be happy most of the time.

Each baby is different. Get to know me and what I need. Learn that I have different cries that mean different things. One cry means, *I want to eat*. Another means, *I want to do something else*. By thinking about what I need, you can help me stay happy. Knowing what I don't like can help keep me from being fussy.

- ▶ Be sure to change my diaper if I am wet or dirty. Like most other babies, I will need to be changed at least every 3 hours when I am awake.
- ▶ Make sure I am not too hot or too cold.
Don't feed me more milk than I need. I will tell you when I have had enough.
- ▶ Don't feed me cereal or solid food without talking to my doctor first.
This includes putting cereal in my bottle.
- ▶ Don't leave me in an infant seat too long. I like to do many activities.
- ▶ I may fuss to tell you that I want to do something else.

I need to suck.

- ▶ Let me suck as much as I want to, either on a pacifier or my fingers.

Take care of my teeth.

- ▶ A bottle with milk or a sugary solution should never be used as a pacifier or sleep aid. Use a pacifier instead to soothe and satisfy my normal need to suckle. Try different pacifiers until I find one that I like.

I need to learn that I belong to my parents. You can't spoil me at this age. As I learn that you will help me, I will cry less.

- ▶ Spend as much time with me as you can when I am awake.
- ▶ Touch, hold, hug, cuddle and love me.
- ▶ Talk to me.
- ▶ Walk or rock me.
- ▶ Come to me as soon as you can when I cry.

As a young baby, I need lots of sleep and quiet time.

- ▶ Let me sleep a lot if I want to.
- ▶ Place me in a quiet place.
I don't like a lot of noise and I don't need a lot of visitors.

As I get older, I will want to do more things with you.

- ▶ Play with me and talk with me.
- ▶ I will show you when I am tired of doing something. I will fuss or turn my head away.

I like a routine.

Try to do things the same way and at the same time as much as possible.



Try to find out why I am crying.

Look to see if I:

- am wet or have a dirty diaper.
- am too hot or too cold.
- am hungry.
- am too full.
- need to burp.
- have a stomach ache.
- am tired.
- could be upset by something you ate if you are breast-feeding. If you are breast-feeding, avoid drinking coffee, tea or cola, and avoid eating spicy foods and foods that cause gas.

Is there too much going on?

- Is there too much noise in the room?
- Are there too many people holding or touching me?
- Are people smoking around me?

Am I sick?

- Do I have a fever?
- Am I vomiting?
- Have I had a bowel movement in a while?
- Do I have loose bowels or diarrhea?
- Do I have diaper rash or some other rash?
- Do I have a cold or runny nose?
- Am I pulling on my ears? This may be a clue that I have an ear infection.
- If I have any of these problems, you can check with my doctor to find out if I am sick.



To help me stop crying:

- pick me up and hold me.
- snuggle or wrap me in a blanket.
- talk or sing to me.
- play soft music.
- lower the lights.
- give me something to look at or something to play with.
- give me a pacifier.
- sit with me in a rocking chair.
- walk or dance with me.
- take me for a ride in the car or in the stroller.

What your baby's crying does to you.

(Source: National Center on Shaken Baby Syndrome)

Even the most kind and loving caregiver can become frustrated by a crying baby. These feelings don't make you a bad parent or caregiver. Feeling frustrated is normal. If you feel yourself getting upset or angry, put the baby in a safe place and take a minute to take care of yourself.

- Take a break from the sound of the crying.
- Call a good friend.
- Listen to some music.
- Exercise.
- Remember the crying will come to an end.
- No matter how mad you get, never shake your baby.
- Additional information can be found at <http://www.dontshake.com>

If nothing works and I get on your nerves:

- put me in a safe place. Let me cry alone for 15 minutes. Sometimes I get too tired and need a chance to settle down.
- ask someone to come over and care for me while you take a break from me.

NEVER SHAKE ME!

- No matter how upset or angry you feel, do not shake me.
- Shaking me can cause brain damage or even death. I will outgrow this constant crying.
- Holding and cuddling me tells me that you love me and that you want me to feel better.

Love your child. It makes a difference.

newborn

even go several days between stools. (Cite: AAP, Pediatric Nutrition Handbook, 5th ed., pp 67, 2004.) A stool is defined as a stain the size of your baby's fist or about one teaspoon of material.

Help me be healthy.

Have you received this information yet?

I may get a hepatitis shot and I will have a blood test designed to screen babies for several genetic disorders. The doctor or nurse will take a small amount of blood by pricking my heel before I leave the hospital.

If the test is not valid or indicates a possible problem, you will be notified by my doctor and appropriate follow-up will be arranged. You will also receive a follow-up letter from the **Indiana State Department of Health**. You can call **1-800-761-1271** if you have any other questions.

When I go for my first checkup:

- I will be weighed and measured.
- I will be looked at everywhere. The doctor will look in my eyes, ears, mouth and nose; listen to my heart and lungs; and examine my hips, abdomen and umbilical cord.

The doctor will want to know how we are all doing as a family and will answer any questions that you have. Don't be afraid to ask questions. My health is very important. That's why we go to a doctor or clinic for these well-baby check-ups.

If you do not have health insurance for me, call **Hoosier Healthwise** at **1-800-889-9949** for information about children's health insurance.

Feed me when I'm hungry.

A mother's milk is the best nutrition for her baby. For premature infants, it's the best defense against life-threatening infections. Babies who are breastfed are less likely to get sick or become obese. Breast milk or iron-fortified formula is the only food I need. It will probably take us several weeks to adjust to a feeding schedule. This is normal. If I am breast-feeding I will eat at least 8 - 12 times in 24 hours. Wake me up if I am not getting at least 8 feedings. I am getting enough to eat if I am:

- active and alert.
- breastfeeding and you can hear or see me sucking and swallowing.
- gaining 4 - 8 ounces per week after the first week.
- breastfeeding—during the first month I will have at least 3 stools a day after day one, increasing to 4 or more by day 5. Later in the first month and beyond, my stool frequency may diminish to 3 per day and I may

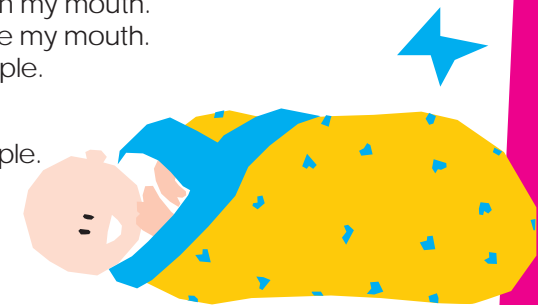
My birthday: _____
Time: _____
Date: _____
Birthweight: _____ pounds
 _____ ounces
Length: _____ inches

I may still be hungry if I:

- continue sucking.
- put my hands in my mouth.
- open and close my mouth.
- look for the nipple.

I may be done if I:

- spit out the nipple.
- fall asleep.
- stop sucking.



Help me be safe.

Whenever we ride in the car, put me in an infant safety seat and put the straps on right. Indiana law requires that I be in an infant safety seat when I am in a car. The infant safety seat is the only safe place for me to be, so use the infant safety seat even if I fuss. Fussing is my way of telling you that I know I am in a different place. When I am in the infant safety seat, I should be in the back seat facing the back window.

Place me on my back to sleep.

Do not put me on my side or stomach to sleep because it increases the chances of Sudden Infant Death Syndrome (SIDS).

Do not use wedges, cushions, blankets or anything else when placing me to sleep.

Do not use fluffy blankets or soft bedding.

My bed should have:

- railings that are no more than 2 3/8 inches apart (a soda can won't fit through them)
- a mattress that fits snugly in the frame
- a fitted sheet that is tight around the mattress
- no quilts, comforters, duvets, blankets, stuffed animals, sheepskins, etc.
- no Bumper Pads.

Smoking and tobacco

can harm you and the baby. If you smoke or chew tobacco and are unable to quit, do not smoke in the house or near the baby. Call 1-800-QUIT-NOW to get help to quit smoking.

My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

Never sleep with me or let others sleep with me. I may not be able to breathe if I am too close to someone. Mom and I will sleep better if each of us is in our own beds.

Check the batteries in our smoke detector. Have you thought of how you would help me get out if there was a fire? Practice a fire escape.

I talk by crying.

If I'm crying, it could mean that I:

- am wet.
- need to be burped.
- am too hot or too cold.
- am sleepy.
- want to change position.
- am hungry.
- want to be held.
- have colic.

If **nothing seems to help me calm down**, check with my doctor to see if something is wrong. Soon you will be able to tell the difference between my cry that says, *Feed me*, and the one that says, *Pick me up and hold me*.

Remember, most babies have a fussy time each day.

NEVER SHAKE ME!

For more ideas to help me calm down, read *How to Help Your Crying Baby* at the beginning of this growth chart.

Play with me. It helps me learn.

- ◆ Put me on my tummy for "tummy time" but only while I am awake and being watched.
- Hold me, cuddle me, rock me, hug me. Let me look at your face.
- Change my position every once in a while.
- Talk to me, sing to me, read to me.
- Put a picture on the side of my bed. Hang a mobile over my crib. Put them on securely so I can't pull them down.
- ◆ Listen to gentle music with me.

Each child grows and changes at a different rate.

If I was born prematurely, I will eat and develop like a baby born on my due date rather than my actual birth date. I will sleep more but don't let me sleep through feedings. I need to catch-up on my growth. Please tell my nurse or doctor if I need some help catching up.

Watch for me to:

- look to see who is talking.
- move my eyes to follow something that moves in front of my face.
- look at you, look away and then look at you again when we are playing. I can see best when an object is about 8 inches from my face.
- ◆ sleep a lot. I don't know when it is night, so I will wake up in the night and want to eat.
- eat every few hours. When I'm not eating, I may sleep most of the time.
- be fussy and cry more than you would like me to cry. Don't be afraid to hold me.
- suck on my fingers or pacifier. I like to suck even when I'm not hungry.
- be startled by loud noises.

Additional resources for Newborns

<http://www.lli.org/Web/Indiana.html> (Breastfeeding)

<http://www.indianaperinatal.org> (Safe Sleeping for Your Baby)

<http://www.preventinjury.org> (Safety in Cars)

http://www.healthychildcare.org/section_SIDS.cfm#safe (Safe Sleep)

Help me be healthy.

At this checkup:

- ◆ I will be weighed and measured.
- I will get several immunizations. Immunizations help my body to build defenses against disease. I will need to have these immunizations if I am going to be in child care or preschool and before I go to school.

Take my immunization record card with me so we can write down the date that I had these immunizations.

I eat about 5-7 times a day.

Some babies, particularly breast-fed babies, may eat more often on some days. Breast milk or iron-fortified formula should still be my only food now. Do not put cereal or other solid food in my formula. My body is not ready for solid foods until I am 4 to 6 months old. Feeding solids too early may cause me to have allergies or to eat too much. My doctor might suggest that I have vitamin drops if I am nursing or was born prematurely. Talk to the doctor about this.

How do you know I am hungry? I might be fussy or suck my finger or a pacifier. It's O.K. to try to feed me. Nursing or iron-fortified formula is what I want. I don't usually need water.

Help me be safe.

- Handle me gently. Do not pick me up by my arms or swing me by my arms or legs. Do not shake me or throw me in the air.
- Protect me from falls. Be careful not to fall with me in your arms. Do not leave me alone on a changing table, bed or other high place. I could fall.
- If you give me medicine at night, turn on the light and read the label every time to make sure you are giving me the right medicine and the right amount of medicine.

NEVER SHAKE ME!



1-2 months

Place me on my back to sleep.

Never sleep with me or let others sleep with me. I may not be able to breathe if I am too close to someone. Mom and I will sleep better if each of us is in our own beds.

Play with me. It helps me learn.

- Let me feel different objects by rubbing them against my hands. Let me feel some soft materials and some that are bumpy. I like to feel the different clothes you wear.
- Tell me how special I am. Smile and talk to me a lot.
- Show me bright colors. I can easily see the difference between black and white or red and yellow.
- Put me in a baby carrier and carry me while you move around the house. Carry me in front of you. Talk to me about what you are doing. I like to see what is happening.
- Look at me when you talk to me. I want to copy your mouth. Repeat the sounds that I make. I like the game of making sounds.

Being a parent is hard work.

- When you feel stress building up, talk to your partner, a family member or a good friend about your feelings. It helps to talk with someone who is close to you.

Ask someone to come watch me so you can have a break.

Join a group of parents where they talk about ways to help children grow. To find out about parenting groups, call the **Family Helpline at 1-800-433-0746**.

- Read about being a parent. There are books, magazines, newsletters and leaflets for parents. Remember to read the section "How to Help Your Crying Baby" at the beginning of this growth chart.

- There should be times when it's fun to be a parent. If you are having trouble finding fun times, get help. Call the **Careline/Parent Stress Line at 1-800-244-5373**. Describe what is happening. They'll listen to what you have to say, then offer advice and make suggestions.

My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

Children learn skills at different times.

Some children learn them early. Some children learn them late. If I was born prematurely or have some special needs, then it may take me a little longer to do some of the skills listed. Help me to learn new skills. Most infants have these skills at the end of 2 months. If you are concerned about what I do, talk to my doctor or nurse. See page 16.

Watch for me to:

- ◆ wave, kick and squirm when lying on my back.
- ◆ make sounds like *uh*, *eh* and *oh*.
- ◆ look and stare at things. I look at you a lot.
- ◆ lift my head up and turn it sideways when I am on my stomach.
- ◆ turn to you and smile at you when I see or hear you.
- ◆ quiet down, move my eyes or change my expression when I hear your voice or some other noise.

You may notice that I also:

- ◆ sometimes cross my eyes or have only one eye open at a time. This is normal. I will do this until my eye muscles get stronger.
- ◆ gurgle, smile and laugh when I am happy.
- ◆ have tears when I cry. My tear ducts are starting to work now.
- ◆ like to suck my thumb or pacifier. Sucking is a way that I learn about my world. It is also one way that I calm myself down.

If I need child care services, please call Child Care Resource and Referral at 1-888-463-5473.



3-4 months

Help me be healthy.

At this checkup:

- ▶ I will be weighed and measured.
- ▶ I will be looked at everywhere. The doctor will check my hearing and look to see how I move and how well I see.
- ▶ I will have several immunizations. Remember to record these in my immunization record card.
- ▶ Ask the doctor or WIC nutritionist about starting cereal at 4 months. Rice cereal is the first cereal I should try. Please feed me my cereal from a spoon—do not put it in a bottle.

Keep me away from cigarette and cigar smoke.

It makes it harder for me to breathe.

Hold my bottle for me.

It would be so easy to put me in my crib and prop the bottle up for me, but I could spit up and choke. Don't put me to bed at night with a bottle, either. If I have a bottle in my mouth all night, the milk or juice could decay my new teeth!

Help me be safe.

- ▶ **Make sure that the toys, pacifiers and other things you give me are safe** and have no sharp edges or loose pieces. Toys should be big enough that I cannot fit them into my mouth.



- ▶ **I am strong enough now to wiggle out of the infant seat** or tip it over. Using the safety strap, keep the infant seat on the floor, and away from steps or other dangers.

Place me on my back to sleep

Never sleep with me or let others sleep with me. I may not be able to breathe if I am too close to someone. Mom and I will sleep better if each of us is in our own beds.

NEVER SHAKE ME!

- ▶ **Never leave me alone** on a bed, on a sofa, on the changing table, in a walker or in the tub.
- ▶ **Baby walkers have many safety hazards for me.** If I use one, keep me on a flat surface, away from carpets, stairs and ledges. Always watch me while I am in a walker.

- ▶ **Keep me away from hot liquids** such as coffee, tea and soup. When you are holding me, don't try to drink

anything hot. I could be badly burned by a hot liquid spilling on me.

- ▶ **It's time to start making our house safe for children.** Take a look from my level—get on your hands and knees and crawl around. Take away or move anything that I can reach or that could hurt me as I begin to crawl around. Keep me away from cords of all kinds—telephone cords, drapery cords and electrical cords. Cover the electrical outlets.

- ▶ **I like to look at balloons, but keep them away from my face.** If a balloon covers my mouth, I will not be able to breathe.

When something new happens to me, I may be angry or afraid.

I am slow to change. As a parent, you could get frustrated with me. What I really need is for you:

- ▶ to be patient.
- ▶ to show me new things, new people and new situations very slowly.
- ▶ to let me try 3 or 4 times to get used to something new. I might like it better the second or third time I try it.

Play with me. It helps me learn.

- ▶ Play "Talking back and forth." First I make a noise and you listen. Then you make the same noise and I listen. We can do this many times.
- ▶ Put me on my back and let me reach toys hanging from the sides of my crib or playpen. Make sure these are tied safely and securely so they won't hurt me.
- ▶ Read to me. I like stories that are short.
- ▶ Hold a rattle or toy in front of me. Move it to get my attention. Then let me try to keep my eyes on it while you move it from one side to the other, up and down and in circles. This helps me use both eyes.
- ▶ Play "Peek-a-boo" with your hands or a blanket.
- ▶ Let me babble to you.

My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

Each child grows and changes at a different rate.

Some children change early. Some change late. Help me learn new skills by playing with me. Most infants have the skills below at the end of 4 months. If you are concerned about what I do, talk to my doctor or nurse, or call the local **First Steps** office. Call **1-800-441-7837** if you don't know the local First Steps number. See page 16.

Watch for me to:

- ▶ smile at you to get you to pay attention to me.
- ▶ hold up my head without bobbing it around when I sit in your lap.
- ▶ hold my head all the way up and rest on my arms when I am on my stomach.
- ▶ hold a small toy, like a rattle, for a few seconds in my hand if you place it in my hand.
- ▶ laugh out loud.
- ▶ say *oo*, *ahh* and other vowel sounds. Sometimes when I say these sounds, I will say them quickly. Other times, I will say them slowly and kind of sing the sound.
- ▶ recognize sounds that I hear often—like your voice, the sound of a favorite toy or running water.
- ▶ let you know I recognize you as a special person. I get excited when I see people I know or my bottle.



Help me be healthy.

At this checkup:

- ▶ I will be weighed and measured.
- ▶ I will be checked all over.
- ▶ I will have the next set of immunizations. Write the date I have these immunizations in my immunization record card. If I had any reaction to the immunizations when I got them before, tell the doctor what happened to me.
- ▶ I may have my eyes checked to see if I have crossed eyes or a lazy eye.
- ▶ I may have a blood test to see if I have enough iron in my blood.
- ▶ ask if I need fluoride supplements to help my teeth.
- ▶ ask about my eating habits. Describe when and how much I eat.

Watch for the signs of an ear infection. If I tug at my ears or have a cold lasting several days, this could mean that I have an ear infection. Ear infections may have an effect on my hearing. Being sick a lot could affect my growth and learning. If I don't feel well, it may be hard for me to see, think and learn. If I act, look or feel like I am sick, please call the doctor or nurse right away.

Take care of my teeth.

As soon as my teeth appear, brush my teeth and gum line with a soft-bristled toothbrush to prevent cavities. Don't buy a toothbrush that is too small or it won't do a good job. Keeping my newly erupting teeth clean will also help prevent teething pain when I get more teeth. Use just a small amount of fluoride toothpaste (1/4 pea-size amount) to help my teeth resist cavities then wipe out any left over toothpaste. If we do not have fluoridated water in our house, ask my physician or dentist if I need fluoride supplements.

When should I begin eating solid foods?

- ▶ **Talk to my health care provider about when to introduce solid foods.** Good foods to start with might include iron-enriched cereal, pureed fruits or vegetables and meat. If I have allergies or if I have a family member with a history of allergies, wait seven days before introducing a new food to check for reaction. If not, a new food can be introduced every 2-3 days.



5-6 months

▶ I may begin to show an interest in foods by grabbing what you are eating. Or, I may not want to eat any more if I turn away or lean back.

▶ **Choose finger foods that I won't easily choke on** (ripe banana, cooked sweet potato, mashed chicken or beef, etc.)

▶ **Encourage me to eat** a variety of flavors and textures.

Help me be safe.

Teach me to use the highchair safely:

- ▶ put the safety belt on when I am in the chair.
- ▶ be sure the tray is securely locked in place. Make sure my hands are out of the way when you lock the tray in place.
- ▶ be sure there are no sharp edges to cut me or you.
- ▶ don't let me stand in the chair.
- ▶ don't leave me alone in the chair.
- ▶ don't leave the chair too close to a table or counter. I can push on the table and tip my chair over.
- ▶ Be careful of cords as I can reach and pull dangerous appliances on to myself.

Place me on my back to sleep

- ▶ **Never sleep with me** or let others sleep with me. I may not be able to breathe if I am too close to someone. Mom and I will sleep better if each of us is in our own beds.
- ▶ **My car seat is the safest place for me when I am in the car.** Until I am a year old and weigh 20 pounds, my car seat should be in the back seat of the car and placed so I look out the back window.

▶ **Put gates at the stairs** so I don't go up or down the stairs. While you can make my house safer for me, I will need help to learn how to be safe.

▶ **Tell me what you want me to do, over and over.** Don't get tired of telling me. I am too young to understand or remember.

▶ **Until I learn what to do, take me away from the places I shouldn't be** or take away the thing I shouldn't be playing with. Get me interested in something else. Don't tap my fingers or hit me. Try not to yell at me, either.

▶ **Tell me, hug me and praise me** when I do what you want.

NEVER SHAKE ME!

My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

Play with me. It helps me learn.

- ▶ Talk to me in complete sentences. Tell me what you are doing. Make sounds for me to copy like **eee**, **uh-oh** and **aaa**. Tell me about a toy and show me how to use it. I will want to look at it, smell it, chew it, squeeze it, pat it and bang it.
- ▶ Put a favorite toy just out of my reach. Help me wiggle to it.
- ▶ Hide a toy under a cloth so I can look for it.
- ▶ I like to use blocks that I can hold in my hands.

Each child grows and changes at a different rate.

I might do some activities earlier than others. Playing with me helps me learn new things. If you are concerned about what I do, talk to my doctor or nurse, or call the local **First Steps** office. Call **1-800-441-7837** if you don't know the local **First Steps** number. See page 16.

Watch for me to:

- ▶ pick up my head and chest when I am on my stomach. I can hold myself up with my arms.
- ▶ stand up if you hold me under my arms.
- ▶ roll from my stomach to my back or from my back to my stomach.
- ▶ notice small things like small toys if they are placed in front of me.
- ▶ lie on my back and look at my hands. I can bring my hands together over my chest or at my mouth.
- ▶ reach for toys or other interesting things that are near me.
- ▶ squeal and make high-pitched sounds when I am happy.
- ▶ start to have my teeth come in.



7-9 months

Help me be healthy.

At this checkup:

- ▶ I will be weighed and measured.
- ▶ I will be watched to see what I do when sounds are made.
- ▶ I will be listened to when I talk.
- ▶ I will be given any immunizations and have any blood tests I have missed.

Starting me on meals.

At 8 months, I can have meats prepared for babies. Add the baby food meats to my meals of cereal, vegetables and fruit. Talk to my doctor about introducing a cup with water, expressed breast milk or infant formula.

Remember: No cow's milk until I am one year old.

Shoes or no shoes?

I don't really need shoes to help me learn how to walk. When I do learn how to walk, shoes or sneakers will protect my feet.

Help me be safe.

- ▶ Now that I can pull myself up, there are new safety dangers.
- ▶ When you are cooking, turn pot handles to the center of the stove. Don't leave spoons or anything hanging over the edge of the stove.
- ▶ Check knobs on the television and stereo to see if they can come off.
- ▶ Look for carts, chairs or tables with wheels and floor lamps and aquariums that could be pulled over. When I pull or push on these, they could fall over on me.
- ▶ Move the crib mattress to the lowest position so I can't fall or climb out.
- ▶ Keep things picked up so I don't fall over anything or swallow something I should not.
- ▶ Use corner protectors on sharp edges of furniture.
- ▶ Keep the bathroom door closed so I don't play in the toilet bowl.

NEVER SHAKE ME!

- ▶ **Check my toys.** Look to see that they are not broken and they don't have any sharp edges or pieces that can hurt me. If I have stuffed animals and dolls with button eyes or noses, check to be sure that they cannot come off. I can easily choke. Don't feed me hard foods or foods that crumble easily, such as graham crackers.

- ▶ **Put things out of reach that you do not want me to swallow or put in my mouth.** Pills, cleaners, make-up and plants are dangerous. If you think I have swallowed something, first call the **Poison Control Center at 1-800-382-9097**. Keep syrup of ipecac and activated charcoal in the medicine cabinet so that if they tell you to use it, you have it.

Play with me. It helps me learn.

- ▶ Read to me daily. Point to the pictures as you tell me about them.
- ▶ Put a small ball on my highchair tray and teach me how to blow on the ball to make it move.
- ▶ Help me understand my body parts by pointing to them and naming them. I won't be able to say them for awhile.
- ▶ Play hide-and-seek with me. Ask me, *Where is (name a person)?* I will try to look for them.
- ▶ Look at magazines and picture books with me. Point to a picture and name it. Say, *See the cat,* and, *Look at the flower.* Ask me sometimes, *What is that?* Wait a few seconds before you tell me. Soon I will be able to give you an answer.
- ▶ Build towers with blocks or toys.
- ▶ Play "So Big!" Show me how to lift my arms over my head and say, *So Big.*
- ▶ Give me a chance to smell some safe things, such as food, flowers and spices. Tell me about how they smell.
- ▶ Help me learn why some things are not safe. If I go to the stove or heater, say, *hot,* and move me away. If I reach for a shoe and you know it will go into my mouth, say, *Tastes bad,* and move me away.
- ▶ Help me begin to drink from a cup.



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

Children are very different from one another.

Don't worry if I am early or late in the ways I am growing. Help me practice new skills when you play with me. Most infants have the following skills at the end of 9 months. If you are concerned about what I do, talk to my doctor or nurse, or call the people at **First Steps**. If you don't know the number, call **1-800-441-7837**. See page 16.

Watch for me to:

- ▶ sit for a few seconds without any help.
- ▶ feed myself a cracker, cereal or other foods I can eat with my fingers—I'm pretty messy.
- ▶ say *ma, ga, da, di, ba* and other sounds.
- ▶ pick up small things, like a Cheerio, using my whole hand in a raking motion.
- ▶ listen to people talking and try to make the same sounds they do.
- ▶ hold a small block in one hand and pass it to the other hand.
- ▶ look for something that I have dropped.
- ▶ hold onto something and stand for about 5 seconds.

You may notice that I also:

- ▶ get upset if you leave me, even if it's for a short time. I will feel better when you return.
- ▶ begin to drink juice from a cup.
- ▶ know which toys are mine. I don't like it when my toys are taken away.
- ▶ may be afraid of things that were OK before.
- ▶ I might be afraid of my bath, a sitter or the dark.
- ▶ may be stubborn sometimes. This is part of growing up.



10-12 months

Help me be healthy.

At this checkup:

- ▶ I will be weighed and measured.
- ▶ At 12 months I may get several immunizations.
- ▶ I will be screened to see if I have been exposed to lead. I can get lead into my body by breathing or eating lead dust, chips or flakes. The lead can get into my nerves and bones. It can affect the way I learn, grow and hear. The earlier we catch the problem, the less harm will be done to me.
- ▶ Ask about a tuberculin test.

Take care of my teeth.

Please schedule my first dental visit with my dentist so I can start my preventive dental care. Kids who start going to the dentist at the time of their first birthday usually don't get cavities. I am also about ready to start walking and if I fall and bump my teeth, I want to have met the dentist who will take care of me. Don't let me take a bottle to bed or use a bottle as a sleep aid. It might cause me to get cavities.

Help me be safe.

- ▶ I like to pull things out of drawers. Make sure that unsafe things are not in the drawers. Give me a drawer or cupboard of my own to store some of my toys. Don't let me pull a drawer out partway and stand in it.
- ▶ Store my toys, books and things where I can reach them. Sturdy shelves, dishpans, buckets and cardboard boxes are good.
- ▶ I can choke on food. Do not give me hard-to-chew foods such as popcorn, nuts, raisins and grapes. Do not give me hot dogs, even if they're cut into pieces.
- ▶ I still need to be watched carefully. Common accidents for children my age are:
 - ▶ falls
 - ▶ chocking
 - ▶ poisoning
 - ▶ burns
 - ▶ drowning
 - ▶ car accidents

NEVER SHAKE ME!

Good days, bad days.

All parents have bad days and sometimes feel worn out. It is common for a parent's body to ache a little from the work of being a parent. This doesn't mean you are doing anything wrong. Remember that these bad days are usually followed by good days.

Young children need parents who try their best, but that does not mean you will succeed all the time. Try not to worry about being a super parent or a super family.

If you sometimes feel that you are at the end of your rope, talk to your partner, call a friend or call one of the telephone services that can offer support and suggestions on parenting issues. Call the **Careline/Parent Stress Line** at **1-800-244-5373**. You won't have to give your name.

Talking to someone and asking for help:

- ▶ shows that you love me and care about me.
- ▶ shows that you are being a good parent.



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

I'm special. I learn at my own pace.

Most children have the skills listed below by the time they are a year old. If I am not doing several things on the list below, talk to my doctor or nurse, or call the people at **First Steps**. If you don't know the number, call **1-800-441-7837**. See page 16.

Watch for me to:

- ▶ play "Pat-a-cake" or other clapping games.
- ▶ pull myself up by hanging onto a chair or my crib rail.
- ▶ pick up a cube or small toy in each hand and bang them together.
- ▶ pick up a small object, like a Cheerio, using my thumb and a finger.
- ▶ say the same sound over and over, like, *babababa*, or, *lalalala*.
- ▶ say, *mama* or *dada*. Even though I say these words, I don't know what they mean. They are sounds for me to say.
- ▶ stop doing something if you say, *No*. I sometimes stop doing it only for a short time, though.
- ▶ follow some easy directions, like, *Come here*, or, *Give it to me*.
- ▶ stand by myself for at least 2 seconds.
- ▶ sit up all by myself.



Help me be healthy.

At this checkup:

- ▶ I will be weighed and measured.
- ▶ I may get several immunizations or the ones that I have missed. If I had any reactions to the immunizations before, remind the doctor or nurse about what happened.
- ▶ Ask the doctor or WIC nutritionist about my eating habits and introducing whole milk. I should drink whole milk only, at least until I'm two, even if I am a "chubby" baby.

Provide me with a healthy and nurturing feeding environment by allowing me to participate in the family meals and continue to serve me nutrient rich foods from all five food groups.

Take my immunization record card whenever we go to the clinic or doctor. Write down the date that I get any immunizations and the reason for seeing a doctor. For example, write down whether I am sick or injured. If you do not have health insurance for me, call **Hoosier Healthwise** at **1-800-889-9949** for information about children's health insurance.

Help me be safe

- ▶ **Help me learn what is all right to do.** Show me and tell me what you want me to do. If I don't do it or I disobey you, show me or tell me again. Praise me when I do it right. Do not yell at me or hit me. I learn more quickly and easily if you teach or show me than if you punish me.

13-15 months

- ▶ **Teach me not to play around stairs and windows.** Accidents can happen. Check the screens on the windows. Make sure the screens are not broken or torn. The screens should be attached securely so I can't open them.

- ▶ **Help me get ready to go to sleep.** Bedtimes can be a problem when I am overtired. I really enjoy a story or other quiet activity before I go to

sleep. This bedtime routine helps me settle down.

- ▶ **Be calm when I have a temper tantrum.**

It's OK for me to cry and scream when I am angry. This is one way I show I am angry. I don't have enough words yet to explain my anger. You can say, *I know you feel really angry when that happens!* As I grow older, I can learn other ways to deal with my anger. Don't give in to me just because I'm screaming. Let me calm down and then help me change my attention to something that's OK for me to do.

Here are some ways you can help me stop the tantrum:

- ▶ keep calm, Mom and Dad.
- ▶ put me in a safe place to keep me from hurting myself.
- ▶ hug me and comfort me when I have calmed down. Spanking and yelling at me do not help. That only makes me angrier. I will calm down on my own. When I am quiet, help me do an activity that I enjoy.

Play with me. It helps me learn.

- ▶ Read stories. This helps me learn new sounds and words.
- ▶ Play hide-and-seek games.
- ▶ Pretend with me. Let's make believe we are cooking, eating, washing, cleaning, drinking or going on a hike. I like to copy what you do. Some of the time it will be fun for you to copy what I do.
- ▶ Build a tower with blocks.
- ▶ Reward me when I do a good thing. Think about rewarding me with activities that I like to do, such as reading a favorite story or spending time with a favorite person. Using food as a reward can lead to problems later.



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

I learn at my own pace.

If you have questions because you think it's taking me a long time to learn to do some items in this list, please call my doctor or nurse, or call the local **First Steps** office. If you don't know the local phone number, call **1-800-441-7837**. See page 16.

Watch for me to:

- ▶ let you know what I want without crying. I may point, reach, make a sound, put up my arms, pull on you or even say a word.
- ▶ stand for 10 seconds or more.
- ▶ wave bye-bye when someone is leaving and says, *bye-bye* to me.
- ▶ call you *mama* and *dada*. You are so happy to hear me say those words when I see you.
- ▶ talk all the time. Most of the time it sounds like jabbering and I am the only one who knows what it means.
- ▶ know the meaning of some words like *juice*, *cup*, *on* and *out*.
- ▶ hold up my head without bobbing it around when I sit in your lap.
- ▶ stoop to pick up something and stand up again without holding on to anything.
- ▶ drop small things like a block into a container. When I do this, I open my hand to drop the block.
- ▶ turn and look when you call me.



16-18 months

Help me be healthy.

At this checkup:

- ◆ I will be weighed and measured.
- ◀ I will be checked all over.
- ▶ I will show how I walk.
- ▶ I will get my teeth checked.
- ◆ I will get my eyes and ears checked.

Take my immunization record card with us to write down my height and weight. If I have missed any immunizations, I should get them now.

Take care of my teeth.

Don't forget it is getting time for my six month dental check up. My dentist will shine my smile and give me a fluoride treatment to make my teeth strong. My dentist will want to see me at least every six months to make sure my teeth are healthy and my teeth are getting brushed properly.

Help me be safe.

▶ Close the bathroom doors so I don't play in there.

▶ I can feed myself, but it is still easy for me to choke on food. Don't give me small foods like peanuts, popcorn, marshmallows or gum drops. Other foods that are not safe for me to eat are raw carrots and celery, grapes, hot dogs and Vienna sausages. Always watch me while I eat and help me get into the habit of sitting quietly while I eat.

▶ Now I can climb and get into trouble. I can push a chair to climb into the cupboards, over the porch railing or to an open window! I don't know what trouble I can get myself into. Put screens in the windows and make sure they are latched securely. Open only the top section of the window so I can't get out.

▶ When you take me shopping, strap me into the shopping cart seat.

If there isn't a strap, make sure that I stay in the seat.

▶ Watch me carefully when I am around water. I like to play in water, but I can easily drown in just a few inches of water in a tub, toilet bowl, pail or wading pool.

Help me think about what I can do.

▶ Time-out is one way to help me learn that I should not do something. When I do something I shouldn't, tell me to sit in a time-out chair,

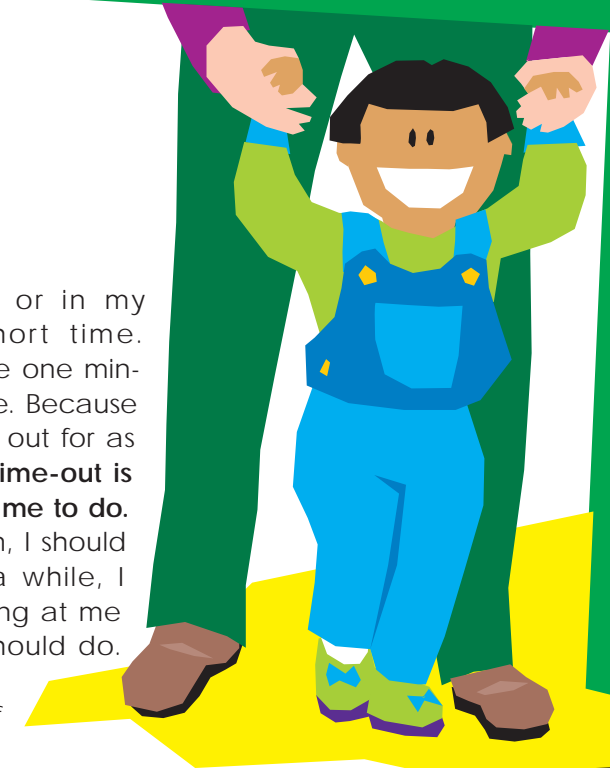
on the sofa or in my room for a short time.

How long? Some parents use one minute for each year of my age. Because I am one, I could have time out for as long as one minute. **After time-out is over, explain what you want me to do.** If I do the same thing again, I should have time-out again. In a while, I will learn. Hitting me or yelling at me doesn't teach me what I should do.

▶ For ideas of how to help me behave, join a parenting class. If you need ideas now, call one of these numbers: **Careline/ Parent Stress Line, 1-800-244-5373**; or the **Indiana Family Helpline, 1-800-433-0746** for health-related information.

Play with me. It helps me learn.

- ▶ When I point, tell me what I could say. If I point to the cat, say, *It's a cat*, so I can hear the words that I am trying to say.
- ▶ Let me help you. Let me take a spoon to the table or put dirty clothes with the clothes to be washed.
- ▶ Let me play in the bath to learn the skills of pouring and squeezing. I like to use plastic bowls and containers in the tub. Never leave me alone in the tub, please.
- ▶ Remind me again and again what is OK for me to touch and what is not OK for me to touch. I am just learning how things work. I will not yet remember what I should not touch.
- ▶ Teach me to take care of my teeth by helping me brush my teeth with a child-sized, soft-bristled toothbrush and water. I am still too young to be using toothpaste.



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:








Favorite Things and Activities:

I learn new skills at my own pace.



I need your help to give me chances to practice new skills. By the time I am 18 months old, I should be able to do most of the items in the list below. If you are concerned about what I can do, talk to my doctor or nurse, or call the local **First Steps** office. Call **1-800-441-7837** if you don't know the local number.

Watch for me to:

-  walk by myself! I have good balance. I don't tip from side to side and I hardly ever fall down.
-  help around the house. I can put something on the chair when you ask me and I can get what you ask me to get. I can also put something away if you remind me.
-  drink from a plastic cup by myself, perhaps spilling only part of it.
-  say, *no*, and shake my head from side to side.
-  roll a ball back and forth with you.
-  say at least 3 words other than, *dada* and *mama*.
-  scribble on paper with crayon and pencil. This keeps me busy for a few minutes. Watch me carefully because I might chew on the crayon.

Help me be healthy.

At this checkup:

- ▶ I will be weighed and measured.
- ▶ I will be tested to see how well I hear and see.
- ▶ you may be asked to describe how I play and what I like to do.
- ▶ you may be asked to describe what I eat and how much food I eat. Some doctors suggest that a cholesterol screen be done now. What does my doctor think?
- ▶ I may be refusing foods that I once took readily. Please be sure to serve child size portions.

I know you are getting tired of changing my diapers.

You would really like me to use the toilet. Don't rush me. It will be easier to teach me how to use the toilet if you wait until I can tell you that I am wet. **Be patient.**

Help me be safe.

- ▶ **My house may be safe for me.** What happens when we visit new places? Keep me in your sight so I don't get into any safety problems. Take some toys with us so I don't have to go exploring.
- ▶ **If someone comes to visit us,** put the visitor's pocketbook or bag in a place where I can't reach it. There could be some pills or other things in there that I should not have.
- ▶ **Are there any doors that I could lock?** Could I lock myself in the bathroom? Is there a way that you could get me out? An outside lock release on the bathroom door would solve that problem.

Help me feel good about myself.

- ▶ I like to be told when I have done a good job. Hug me, cuddle me and tell me that you love me. Thank me if I have been helpful. Tell me what to do, rather than what not to do.
- ▶ Listen to what I have to say and answer my question.
- ▶ Tell me how well I am doing when I am doing what you want me to do. For example, when I cover my mouth as I cough, say, *I'm glad you covered your mouth when you coughed.*

1½-2 years

Play with me. It helps me learn.

- ▶ Play "Dress Up" or "Telephone" with me. Help me pretend.
- ▶ Say nursery rhymes and sing songs with me.
- ▶ Help me put puzzles together and build with shoe boxes.
- ▶ Let me play in front of a mirror.
- ▶ Play some music so we can dance.
- ▶ Take me on walks and let me look, listen and touch.
- ▶ Show me how to use things we have around the house. Let me use a broom or mixing spoon.
- ▶ Find a playmate for me. Have another child come over or take me to a community play group. This way, I can learn to play with other children.
- ▶ Offer me choices. I can tell you if I want to wear red or blue today or if I want a banana or cracker.
- ▶ Play with a pan of water or sand so I can pour, scoop and dig.
- ▶ Point at different objects and tell me the color of each object. Soon I will be able to tell you what colors they are.
- ▶ Talk with me before I go to bed. Let's talk about what happened today and what's going to happen tomorrow.

Think about a preschool for me.

Now is the time to begin looking for a preschool. You can look in the yellow pages of the phone book under the heading of "schools, kindergarten and nursery" to find a list. Look for preschools near us. You can also call **1-800-299-1627** to find your local **Child Care Resource and Referral service** and get a brochure on selecting a quality preschool. Call several preschools and ask if we can visit to see what the preschool is like.

Try to find a preschool with nice teachers who like me and will help me learn to get along with others. I want teachers who will help me grow in every way. When we find the preschool that is right for me, ask how and when I can be registered.



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:



You can see what I am able to do from these lists.

I may be a little early on some activities and a little late on some others. By the time I am 2 years old, I should be able to do most of these skills. If you are concerned about what I can do, talk to my doctor or nurse, or call **First Steps**. If you don't know the local number, call **1-800-441-7837**. See page 16.

Watch for me to:

- use a fork or spoon when I eat. I can get most of the food in my mouth.
- undress myself and take off my jacket, pants and shirt.
- ◆ pretend to do things. I will try to feed a doll or my stuffed animals using a bottle or spoon.
- run.
- make a tower of 4 blocks.
- point to the picture in a book if you ask me to find something. For example, *Show me the dog.*
- use at least 6 different words.
- point to 2 different body parts when you ask me where they are. For example, *Where's your mouth?*
- walk up the stairs all by myself! I will have to hold onto the wall or railing.
- kick a ball forward.

Help me be healthy.

Look for signs that I am ready to start using the toilet. I will let you know that I am ready. If you wait to start toilet teaching until I am ready, the process may be easier than if you try to push me before I am ready. I will let you know I am ready when I can:

- ▶ stay dry for a few hours after emptying my bladder.
- ▶ tell you, *I am wet* or *I have to use the potty.*
- ▶ pull my pants down and up.
- ▶ understand and follow your directions when you tell me, *Go into the bathroom, Wipe, or Pull up your pants.*

At first, I may not even go when I sit on the toilet. I need time to get used to sitting on the toilet. Be patient with me while I learn how to use the toilet. There are books at the library about toilet teaching that could answer many of your questions.

If you do not have health insurance for me, call **Hoosier Healthwise at 1-800-889-9949** for information about children's health insurance.

I get hungry often.

- ▶ I will usually eat 3 meals and 2 or 3 snacks a day.
- ▶ While I do like soda, cookies and candy, it is better for me to have milk, cheese, fruits, vegetables, bread and some meat. Snacks that are good for me are cheese, yogurt, juice, unsweetened cereal, and fruits and vegetables cut into small pieces or part of a sandwich.
- ▶ I am learning what foods taste like. There will be some foods that I do not like now, just as there are some foods you don't like.
- ▶ If I'm a picky eater, I might try a new food if you give me a very small serving of it. I am more willing to try a new food if I know I won't be forced to eat it. I like it when you give me a taste of the food from your plate.
- ▶ Remember one size does not fit all... Help me to learn not to eat too little or too much... just the right amount for me to grow appropriately and have energy to play actively and be at

2½
years

a healthy weight. Encourage me to listen to my tummy to know whether I am hungry or full.

- ▶ Caregivers can help me learn healthy habits through modeling healthy eating behaviors, making healthy meals and snacks easily accessible and by participating in physical activity every day.

Help me be safe.

- ▶ **Teach me how to handle it if someone is touching me in a way that I don't like.** I am the boss of my own body. If I don't like the way someone is touching me, then I should come and tell you right away.
 - ▶ **When cooking on the stove,** turn pot handles to the center of the stove. Don't leave spoons or other utensils hanging over the edge of a pot, either. I can pull on the handles and pour hot liquid over me.
 - ▶ **When I do have an accident,** such as touching a hot oven and burning my fingers, help me understand what happened. Explain that if I touch the oven when it is hot, I will be burned.
 - ▶ **Empty ashtrays.** You don't want me playing with cigarette ashes. Empty drinking glasses and take away beverage cans.
 - ▶ **Look at the toys in my toy box.** Are there any broken toys? Either fix them or throw them away. Do any toys have sharp edges? Be sure all my toys are safe for me to use.

Play with me. It helps me learn.

- ▶ Play "Dress Up" and "Telephone" with me. Help me pretend. Read me stories daily. I like to pick out my favorites and hear them over and over.
- ▶ Sing songs like "London Bridge" and "Ring Around the Rosie." Play "Copy Me" games in front of the mirror.
- ▶ Let me help you around the house. I can pick up my clothes and toys or put napkins on the table. Give me a job to do.
- ▶ Help me learn the names of new people, colors, feelings, animals, plants and other things.
- ▶ Listen to what I say, even if it doesn't make sense to you.



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

I am learning what is important to me.

If there are some items on this list that I cannot do yet, talk to my doctor or nurse, or our local **First Steps** office. Call **1-800-441-7837** if you don't know the local **First Steps** number. See page 16.

Watch for me to:

- run and jump. When I jump up, I can get both feet off the ground at the same time.
- say my own name.
- stand and balance.
- put on some clothes that are easy to get on.
- point to different body parts, either on me or one of my dolls.
- point to a picture and name something in the picture. Say 2-word phrases like, *Play ball* or *Want drink*.
- ask you questions.
- understand and follow a simple direction, like, please get your shoes.

You may notice that I also:

- say new words, but I may not know the meaning of the words.
- am eating the same food you eat. I like mine cut into small pieces that I can eat safely with my own little spoon.
- ask to go to the toilet, sometimes.



Help me be healthy.

At this checkup:

- ▶ I will be weighed and measured.
- ▶ I will have my hearing and vision checked.
- ▶ I may have a blood test to see that I am healthy.
- ▶ I may be checked for lead poisoning.
- ▶ the doctor or nurse will want to know what new things I can do, what my sleeping habits are and what I eat.

▶ if I have missed any immunizations, I should get them now.

Take care of my teeth.

I still need help brushing my teeth two times a day but I am big enough for a full pea-size amount of toothpaste each time. If I am still using a pacifier, please ask my dentist if it is causing any harm to my teeth.

Help me be safe.

▶ **Try to keep all plants out of my reach.** If I do eat any parts of a plant, call the **Poison Control Center at 1-800-382-9097**. Some plants are poisonous.

▶ **Keep the trash inside a latched cabinet** or in a place where I cannot get into it. Don't let me reach for anything in the trash. I could find can lids, food, plastic bags and many other dangerous items.

▶ **If I have a swing and slide,** are they safe and sturdy for me to use?

3

years

Help me learn to do what you want.

- ▶ When I need to do something, tell me and show me what I should do. If I throw a doll at my sister because I want to play with her game, I need to know why I should not throw the doll.
- ▶ I also need to learn that I can't have what I want all the time. Tell me, *Please don't throw the doll. It could hurt. You could use the blocks to make a house for the doll. You can play the game when your sister finishes.*

▶ Yelling or spanking me will not help me learn what you want me to do.

▶ Praise me when I am doing what you want me to do. Telling me that you like the good things that I do will help me learn quickly. Hug me to show that you are happy about what I am doing. I like to please you. This discipline works better than punishing me.

Play with me. It helps me learn.

- ▶ Read to me daily.
- ▶ Show me how to take things apart and put them back together again.
- ▶ Take me to the library to check out some books.
- ▶ Take me outside. Show me how to run and throw a ball. Teach me the things that are better to do outside rather than in the house.
- ▶ Teach me how to describe how things feel. Show me what is soft, sticky, hard, rough or furry.
- ▶ Write down the stories that I tell. Read them back to me.
- ▶ Play a game with me of matching colors.
- ▶ Help me learn to pick up my toys and put them where they belong.
- ▶ Take me to a play group or invite a child who is about my age to my house so we can play together.

Register me for Head Start or preschool.

Head Start programs register children at various times of the year. Children who meet the federal guidelines for the Head Start program are served on a first-come, first-served basis. To find out more about the Head Start program and where I register, look in the yellow pages for the Head Start telephone number of the program that is closest to us.

My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

I am growing at my own pace.

By the time I am 3 years old, I should be able to do most of the items on this list. If I cannot do most of the items on this list, talk to my doctor or nurse, or I may be eligible for services from my local school district. To have me evaluated, call the local school district and ask for the **Special Education** office. See page 16.

Watch for me to:

- build with blocks.
- talk in sentences that have 3 or 4 words in them. About half of the time you can understand what I say.
- point to and tell you about the pictures in my favorite books.
- put an easy puzzle together.
- brush my teeth with your help.
- throw a ball overhand.
- walk up and down my stairs.
- understand and follow a two step direction, like, wash your hands and sit at the table.

You may notice that I also:

- sing songs by myself.
- don't take a nap every day.
- know the difference between words—like the difference between *go* and *stop*, *yes* and *no*, *cold* and *hot*, *up* and *down*.
- know what belongs to me.
- feed myself with a spoon and fork.
- group things that are the same like colors or toys.



Help me be healthy.

At this checkup:

- I will be weighed and measured.
- I will be checked all over.
- I may have a vision test to find out how well I see.
- I may have several immunizations. Ask if there are immunizations I need now. I will be required to have some immunizations before I go to kindergarten.

Take my immunization record card with us so we can write down the date I got these immunizations.

Notice what I am able to do. If you think I am clumsy and fall a lot, if I don't talk or play with others or if I don't enjoy moving around, you might want to talk to my doctor about this and have me checked. Call for an appointment now!

Take care of my teeth.

I am ready to start learning to brush my own teeth by myself but I still need help with the toothbrush at least once a day. Make sure I have a soft-bristled toothbrush with a big handle and teach me to brush my teeth with an up and down motion across my gum line. Since my 2nd molars have erupted into my mouth, it's time to start flossing between my back teeth.

Help me be safe.

- Teach me to be very careful in a garage. Our garage may be safe; however, other people may store insecticides, paints, tools and other things that are dangerous to me. Explain to me that garage door openers are not toys and that I am not to play with a garage door.
- Practice crossing the street and walking through parking lots with me. I am short. People can't see me in their rearview mirror when they are backing up. I need to be by your side, holding onto your hand or your clothes.
- Remember, even though I am older, I still need to be watched and can't be left alone.

4
years

■ Balance TV with other activities. One hour a day of watching TV is really enough, whether it is a video or a television program. I should be active and learning how to do things, not watching TV all day. The TV shows that I watch should help me learn. Don't let me watch shows that upset or frighten me.

■ Be careful about having matches and lighters around the house. I like to try to do what I see you

do with the matches and lighters. People my age have been known to start fires playing with these.

Help me deal with my fears.

I may be afraid of monsters, snakes or other things. Do not force me to get near something that frightens me. If I am afraid of the dark, use a night light or leave the hall light on.

Play with me. It helps me learn.

- Let me use play dough. I like to make it into shapes, cut it with cookie cutters and roll it.
- Let me tear or cut paper and paste these pieces onto another piece of paper.
- Let me tell you the stories from my favorite books.
- Play listening and guessing games with me. Make the sounds of different animals and let me guess what each animal is.
- Let me trace in the sand or do finger-painting.
- Let me help make and serve our snacks and meals.
- Take me to the zoo, library and other places that have special events for children my age.



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

- ▶ Let me help you do things around the house so I can learn how to be a helpful family member.
- ▶ Make an obstacle course with boxes, chairs and tables and let me find my way around all these things.

Register me for kindergarten.

Call a school near where we live. Ask when and how I can be registered for kindergarten.

I am always learning and trying.

If you have questions about what I can do and cannot do, talk to my doctor, nurse, preschool teacher or the **Special Education** office for my school district. Don't wait for the next appointment with my doctor; call and ask now. The sooner that we find out if there is something to be worried about, the better it will be for me. See page 16.

Watch for me to:

- ▶ wash my hands with soap, rinse them and dry them with a towel.
- ▶ copy a line that goes up and down on my paper after you show me how to do it on your paper.
- ▶ tell you how I use something when you ask me to talk about something I use almost every day. *What do you do with a fork?*
- ▶ tell you what I need if I am cold, tired or hungry.
- ▶ point to a picture of something that you are describing to me. *Which one says meow?* or *Show me what flies.*
- ▶ put on my T-shirt all by myself.
- ▶ tell you the names of my friends.
- ▶ use a normal tone of voice.
- ▶ ask you many questions.
- ▶ stand on one foot for a few seconds.
- ▶ jump forward with my feet together.

You may notice that I also:

- ▶ know at least one color.
- ▶ use sentences with 4 or 5 words most of the time.
- ▶ take care of myself at the toilet.
- ▶ play with other children.



Help me be healthy.

At this checkup:

- ▶ I may have my sight and hearing tested.
- ▶ you may be asked to describe how I play with other children and what I like to do.
- ▶ you may be asked to describe what I eat. Some doctors suggest that a cholesterol and anemia screen be done now. What does my doctor think?
- ▶ I may have several immunizations. Ask if there are immunizations I need now. I will be required to have some immunizations before I go to kindergarten.
- ▶ take my immunization card with us so we can write down the date I got these immunizations.

Help me be safe.

- ▶ **Help me learn the difference between friends, helpful people and strangers.** When we go to a place where there are many people, show me who the helpful people are, such as the police, clerks at the store, lifeguard at the pool or park workers at the amusement park. Just in case I can't find you, I will know a safe person to ask for help to find you.
- ▶ **When I ride a bicycle with you or ride by myself, make sure that I wear a helmet.**

Play with me. It helps me learn.

- ▶ Let me have a friend over so we can play games together.
- ▶ Read with me daily. Help me learn to read my name and the words on street signs and labels on containers.
- ▶ Play guessing games with me. Pretend to do something and let me guess what you are doing. Make different expressions with your face and let me tell you what feelings I see on your face.
- ▶ Let me have a job to do around the house like setting the table, putting clothes away or helping do something with you.



- ▶ Teach me our family's name, my phone number and my address so if you and I can't find each other at the park or the store, I can ask someone to find you.
- ▶ Teach me what the healthy foods are.
- ▶ Show me how to answer the phone and make a phone call, especially in case of an emergency.

In these first 5 years, we both have learned a lot.

There is much more for us to learn. I will need you to take some time to:

- ▶ listen to what is happening in my life each day.
 - ▶ talk with me about what I'm doing in school.
 - ▶ help me learn to make good choices.
 - ▶ help me with my school work.
 - ▶ talk to my teacher.
 - ▶ support me and encourage me to do the best that I can do.
 - ▶ tell me that you appreciate the efforts I make.
 - ▶ take me places with you, like the library, museums and errands.
- I will probably do better in school if:**
- ▶ I know you care about the work that I do at school.
 - ▶ I know that you think school is important.
 - ▶ you are involved with me in my school work.



Be The Best Parent You Can Be!



My Immunization Record is on page 16.

Date of Doctor Visit: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Doctor's Comments:

How I am growing?

Sleeping Habits:

New Skills and Talents:

Favorite Things and Activities:

Some skills are easy for me. Other skills are more difficult.

Children develop skills at different times. If you have questions or concerns that I need some help because of some things I cannot do, please ask my doctor, nurse, teacher or the **Special Education** office at my school district. Call my school and ask for the telephone number of the **Special Education** office in my school district. See page 16.

Watch for me to:

- run, jump and hop.
- dress myself, zip zippers, button buttons and comb my hair.
- play board games and card games with others. We take turns and follow the rules.
- recognize some different colors.
- be able to follow directions that tell me to put something in, on, under or behind something else. For example, *Put your book on the bookshelf.*
- draw pictures.
- speak so you can understand most of what I say.
- hear when you talk to me and hear you call me from another room.
- enjoy dramatic play with other children.



A parent's guide to maintaining the safety of children with special needs

Every child is special.

But some children have more special needs than others. The hope of all parents is the same—that their child grows up to lead a healthy, safe and productive life.

As a parent, you cannot anticipate every event in which your child might become ill, injured or developmentally delayed. Use this information to adapt to the needs of your child. For more information, contact the **Community Education Department of Riley Hospital for Children at 317-274-2964** or visit the department's web site at www.rileyforkids.org.

While these are tips specifically for children with special needs, many of them are also good tips for all children.

Mom and dad, here are tips to help me be safe. . .

Coming home from the hospital. If I have special health care needs, the hospital should work with you to develop a plan for needed services at home to ease my transition. You will want to consider:

- Medical equipment and supplies needed at home.
- Positioning or seating devices I may need.
- Ramps for a wheelchair.
- Larger doors for accessibility.
- Nursing care in the home.
- Increased electrical capacity (power).
- Adding to or improving ventilation systems (including air conditioning/heating).

Notifying local emergency services (including the electric company) of my special health care needs.

Emergency planning. Please have a plan to keep me safe in any emergency. Post this plan where all caregivers can see it and use it. The plan should answer these questions:

- How will you transport any necessary medical equipment?
- How will you power the equipment if the electricity is out?
- If the pavement or floors are damaged or uneven, how will you navigate my wheelchair?



- Have you notified the local emergency agencies of my special needs?
- Do you need to set up an alarm system that alerts the 911 operator that there is an emergency in our home?
- Will the local emergency system contact you if there is an emergency in the community?

- How will family members and care providers contact you and appropriate medical care in case I have an emergency?
- Am I able to get out of our house? School? Child Care? Other frequently visited places?
- Am I able to dial 911 and give information about an emergency?
- Will a 911 operator be able to understand me?

Fire Safety

To help me know what to do and how to escape safely in a fire:

- If I can't see or hear a smoke alarm, call our local fire department for help in getting a special smoke alarm.
- Practice staying low in smoke. If I am not able to lower myself to the ground, line up someone to help me get to the floor and then drag me on a blanket to get away from a fire.
- Practice stop, drop and roll. If I am in a wheelchair, help me practice getting from the wheelchair to the ground and then rolling. If I can't get to the ground, have a blanket nearby to help smother the flames.

Pedestrian safety

Walking is an important way for me to learn about my neighborhood, but I may not travel by foot power alone. If I use a wheelchair or other assistive device, these are helpful tips for taking walks with me:

- If no sidewalks are available, we should walk in the street **facing** traffic.
- I should have access to crosswalk signals and sloped curbs whenever possible.
- If possible, stand by my side and hold my hand during our walks.
- You and I should wear brightly colored clothing and I should have reflective material on assistive equipment to be visible to traffic.
- If I am in a wheelchair, I should be able to recognize common traffic safety signs and demonstrate hand turn signals.
- We should carry a water bottle, use sunscreen and cover our heads when we're out walking on a sunny day—or even in bright overcast.
- We should begin with short walks and take breaks to build up my strength.

Traveling in a motor vehicle

I need to be properly secured and protected when I'm riding in a car or truck:

- ◆ My car safety seat or safety belt should be appropriate for my age, weight, height and medical condition. A car seat with a 5-point harness is best for most children.
- ▶ If I have limited head and neck control, choose the right car seat. Some offer multiple reclining angles that allow a lower recline for facing forward, and some car seats can remain facing rearward for children over 20 pounds.
- ▶ Special car beds and restraint systems are available for me even if I must lie flat while traveling. **Call 1-800-KID-N-CAR.**
- ▶ Essential medical equipment that must travel with me should be secured at floor level or anchored securely on the vehicle seat.
- ◆ If I've just had surgery or been fitted with a cast, my travel needs may change. This may be true after other medical procedures, too.
- ▶ The safest way to transport me in a wheelchair is facing forward and secured at four points with a separate lap/shoulder belt.
- ▶ If I ride in a school bus, I may need help getting on and off. School officials should include my transportation needs when they work with you to develop my Individual Education Plan. Also, the school bus driver should be trained to take care of my special needs.



Bicycle safety

Teach me to be a safe bike rider:

- ▶ Obtain a bicycle or tricycle that meets my needs. Adapted bikes are commercially available.
- ▶ Make sure I always wear an approved and properly fitted helmet. Ask my therapist for help in fitting the helmet.
- ▶ Practice with me so I know hand turn signals and other traffic safety rules.
- ◆ Walk or ride with me while I practice bicycle riding.

Playground safety

I should have access to safe playground areas throughout our community. When we visit a playground area:

- ◆ A flat playground surface for me to play on, especially if I'm in a wheelchair or have difficulty walking. Rubber matting is especially good because it also protects me if I fall.
- ▶ Integrated play areas with main travel pathways that let me play with other children.
- ▶ Parts that stick out from play equipment that may catch onto my clothing, assistive device or medical equipment.
- ▶ A playground that lets you get to me quickly in case of an emergency.
- ◆ For the latest recommendations for safe, accessible and challenging play environments call the **Community Education Department at Riley Hospital for Children at 317-274-2964.**



Child care

Leaving me in the care of another person is an important decision. First you should clearly identify my unique strengths and needs. When you interview a child care provider, ask these questions:

- ▶ Is the child care provider experienced in caring for my unique needs?
- ▶ Is the provider willing to adapt their child care program to meet our needs?
- ▶ Is the care provider trained and certified in emergency response and procedures?
- ▶ Will the provider help me with my medications and medical procedures?
- ▶ Does the site have enough play space for me to move with my equipment?
- ◆ Are the play materials, equipment and toys appropriate for me?
- ▶ Is the site safe for me? For instance, does it have fire extinguishers, outlet covers and gates protecting stairways?

If you need help in finding a quality child care center, contact the **Indiana Association for Child Care Resource and Referral** at **1-800-299-1627**.

Paying the medical bills.

Paying for a child's special health care needs can strain any family's budget. There are several programs to help pay these bills. You may be eligible with a variety of income levels. Contact **About Special Kids (ASK)** at **1-800-964-4746** to find out more about these resources.

You may notice that your child is a little slower than other children to do some things.

Your baby may look healthy at birth. As you use this growth chart, you may notice that your child takes longer to do some of the activities listed here. Taking longer to do new things could perhaps indicate that a child has a developmental delay or a disability.

If you are concerned, here's what to do:

Gather some information.

Look at a list that shows what children can do at a certain age. Check off the skills your child does have. If you know that your child has a developmental delay or a disability, ask your child's teacher, doctor or nurse about books and materials available to help you. Talk with parents of children with a similar condition.

Call the Indiana Family Helpline at 1-800-433-0746.

About Special Kids (ASK), at 1-800-964-4746, has materials and books about developmental delays and disabilities. They can link you with parents who have children with similar conditions. They can guide you through the process of getting your questions answered about your child. They can suggest services and resources for you to use.

What if you are concerned about your child's development?

To have your child further evaluated, ask your doctor or contact **First Steps** or the local **Special Education** office.

The sooner you have your questions answered about your child, the better it will be for both you and your child.

Children can be slower to learn new skills because of illness, an accident or one of many other reasons. By knowing what the problem is, you can begin to help your child develop in ways that are appropriate for him or her. The earlier this begins, the better the chances are to help your child reach his or her potential.

Services are available for children with developmental delays and disabilities.

For children, newborn to age 3:

Many public and private agencies evaluate and test children to see if they have a disability or developmental delay. The people who test your child will want to know what your concerns are. For example, is it taking your child longer to learn to walk than you think it should? Is your child not making any sounds at one year? Does your 2-year-old child sit and rock back and forth?

Your doctor or local **First Steps** office can suggest agencies to contact to have your child evaluated. Be very clear about why you want your child evaluated, so they can refer you to the best agency for your child. If you do not know the local number, call **First Steps** at **1-800-441-7837**.

For children, ages 3 and older:

Local school districts can evaluate children to determine eligibility for early childhood special education. If your child is found to have a delay or disability, he or she can receive the needed services from the school district beginning at the age of 3 years old.

Make an appointment with your doctor. Do not wait, thinking that the situation will change. Don't wait until the next well-baby checkup. The sooner you have your questions answered, the better it is for you and your child!

At the doctor's appointment, show the doctor the list of what your child can do and cannot do. Discuss your concerns with the doctor and ask for ideas of how you can help your child learn new skills. Don't be afraid to ask for a second opinion.



Public health centers

Public health centers are located throughout Indiana to provide services to help keep your child healthy. The phone number of your local public health service can be found by calling the **Indiana Family Helpline** at **1-800-433-0746**. Local public health services may include but are not limited to:

- immunizations.
- nutrition help through the WIC program.
- well-child checkups.
- home visits to support parents who have children with chronic or disabling conditions.

- screening for hearing problems.
- health education and parenting advice.
- screening tests for lead poisoning, anemia and sickle cell.
- help finding treatment for minor illnesses and disease.
- screening for growth and development.

If you have any concerns about your child's health, call and talk with a public health nurse. Please call for an appointment.

My Immunization Record

Diphtheria, Tetanus, and Acellular Pertussis*

Date Received
 1. _____
 2. _____
 3. _____
 4. _____

Hepatitis A

Date Received
 1. _____
 2. _____

Hepatitis B

Date Received
 1. _____
 2. _____
 3. _____

H. Influenza Type B

Date Received
 1. _____
 2. _____
 3. _____
 4. _____

Influenza

Date Received
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

Measles, Mumps, and Rubella (MMR)*

Date Received
 1. _____
 2. _____

Pneumo Conj (PCV_7)

Date Received
 1. _____

Polio* Inactivated Polio Vaccine (IPV)

Date Received
 1. _____
 2. _____
 3. _____

Rotovirus

Date Received
 1. _____
 2. _____

Tuberculin Skin Test

Date Received	Results
1. _____	_____
2. _____	_____

Varicella* (Chicken Pox)

Date Received
 1. _____
 2. _____

Allergies

*Additional vaccines recommended after the age of 2.



Helpful phone numbers

To find the right service, agency or program:

Indiana Family Helpline can help you with:

<http://www.indianaperinatal.org/education-resources-ifhl.aspx>

- local public health department
- pregnancy health care
- child health care
- women's health care
- family planning services
- substance abuse services
- immunizations
- lead screening sites
- emergency shelters
- food pantries
- support groups
- Sudden Infant Death Syndrome (SIDS) prevention, support
- genetic counseling
- newborn screening follow-up
- GED
- job training sites
- programs to stop smoking or drinking
- Medicaid transportation providers
- respite care (for a break from the stress of looking after a child or other dependent)

7:30 a.m. to 5:00 p.m. - Monday through Friday
(Answering machine other times) 1-800-433-0746

Care Line/Parent Stress Line offers support and ideas for parents of young children. Helps families solve problems and offers emotional support and information about the growth and development of children.

8:30 a.m. to 8:30 p.m. - Monday through Saturday - 1-800-244-5373

For help finding and using child care:

Child Care Resource and Referral: 1-888-463-5473 - <http://www.iaccrr.org>

Head Start - Consult your local yellow pages.

Other Resources:

Family to Family: 1-800-396-7188 - <http://www.inf2f.org>

Indiana Transition Initiative for Young Children and Families (Birth to 3rd Grade): 1-574-273-6019 - <http://www.indianatransition.org>

Prevent Child Abuse Indiana: 1-800-244-5373 - <http://www.pcain.org>

For legal assistance:

Legal Services Organization of Indiana provides FREE legal assistance (except for criminal cases) to disabled, low-income and elderly citizens. (Voice/TTY available) 1-800-869-0212 - http://www.lsoi.org/stc_site/

Getting help for your special needs child:

First Steps is a program for children, birth to age 3, who are developmentally delayed or are at risk of developmental delay.

For more information call 1-800-441-7837 -

<http://www.in.gov/fssa/ddrs/4964.htm>

To have a directory of services for young children with special needs sent to you, call **About Special Kids (ASK)**, formerly know as the Indiana Parent Information Network, at 1-800-964-4746 (Indianapolis area: 317-257-8683) - <http://www.aboutspecialkids.org>

Schools provide special education for children ages 3 through 21, who are in need of special education. For more information contact the **Department of Education (Special Education)** at 1-317-232-0570 - <http://www.doe.state.in.us/exceptional/speced/welcome.html>

Indiana Children's Special Health Care Services (CSHCS) is a supplemental program that helps families of children with serious, chronic medical conditions pay for treatment related to their child's condition. 1-800-475-1355 - <http://www.in.gov/isdh/programs/cshcs/>

For information about breast-feeding:

LaLeche League of Indiana, Inc.: 1-800-525-3243 - <http://www.lilli.org/Web/Indiana.html>

For advice on what to do after your child has swallowed, breathed in or touched a poisonous substance:

Poison Control: 1-800-382-9097 - <http://www.clarian.org/poisoncontrol>

For information about children's health insurance:

Hoosier Healthwise: 1-800-889-9949 - <http://www.healthcareforhoosiers.com>