

Age: 16 Months

HEALTH TRACKS

A Newsletter from Caring Connections and Otter Tail County Public Health



Greetings!

Your child is now 16 months old. This is a good time to take stock of your toddler's progress as 16 months is truly a "developmental milestone". Your child has sat, crawled, stood and has now walked into toddlerhood.

Your Child's Health Care



By 16 months your child should have completed:

- 3 doses DTaP
- 2 doses IPV
- 4 doses HIB (series complete)
- 3 doses HBV (series complete)
- 4 doses Pneumococcal (series complete)
- 1 dose MMR (Measles, Mumps, Rubella)
- 1 dose of Varicella (chickpox)
- 1 dose of Hepatitis A

Your child may have received or should receive by 18 months:

- 4th dose of DTaP
- 3rd dose of IPV
- 1 dose of Varicella
- 2nd dose of Hepatitis A (series complete)

Your Growing Child



In the next 3-4 months you will notice your toddler doing some of the following:

- partially feeding himself
- drinking from a cup without spilling too much
- may say 4-10 words besides "mama"
- stand alone and walk - will walk up stairs with hands held
- stoop to recover a toy
- roll/toss a ball.

If your child is not doing these things, please call your health care provider if you are concerned. **Remember:** Premature babies may develop more slowly. Talk to your health care provider if you have concerns.

Safety Check



Here are a few simple rules to follow to make sure that your toddler is safe:

- ✓ use an approved children's car safety seat every time your child is in the car
- ✓ keep all household chemical products and medicines put away in high places, out of sight and out of reach of your child
- ✓ have the poison control number by the phone (1-800-222-1222)
- ✓ lock doors or use gates leading to any dangerous part of your house - use window guards on upper floors
- ✓ be sure your child is never alone near any body of water, including bathtubs
- ✓ use safety catches on all drawers and cupboards and cover electric outlets with protective plastic caps
- ✓ use sunscreen (at least SPF 30) when in the sun
- ✓ install smoke detectors and test monthly for battery function
- ✓ toy parts should be bigger than the child's mouth up to age 3 to avoid the chance of choking - to determine if a toy could potentially cause choking, try fitting it through a toilet paper roll - if a toy or part of a toy can fit inside this cylinder, then it is not safe
- ✓ check toys to make sure there are no strings or cords longer than 12 inches - a cord can too easily be wrapped around a little one's neck, causing strangulation
- ✓ install smoke and, if possible, carbon monoxide detectors and use flame retardant sleepwear
- ✓ always use the 'seat belt' in a high chair.

"Offering Universal Home Visits to Otter Tail County Families with the Addition of a Newborn"
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