

Age: 20 Months

HEALTH TRACKS

A Newsletter from Caring Connections and Otter Tail County Public Health



Greetings!

Your child is now 20 months old. Toddlers learn new things every day! Watch, how your child is changing. Play with and encourage your child to try new things.

Your Child's Health Care



By now your child should have completed their primary immunizations, which may have included the second dose of Hepatitis A. If completed, your child will not need immunizations until age 4 to 6, before Kindergarten. If you do not have insurance coverage for immunizations, ask your clinic about the MN Vaccine for Children Program or call Public Health at (218)998-8320 in Fergus Falls, or (218)385-3175 in New York Mills.

Your Growing Child



In the next few months, you may notice your toddler doing some of the following:

- try putting on own shoes
- feed self with spoon
- point to things when named
- build a tower of 3-6 blocks
- listen to short stories
- turn pages of a book
- kick and throw a ball
- follow simple instructions
- scribble

Remember: Premature infants may develop more slowly. Please call your health care provider if you have any concerns.

Your baby's vision — previously about 20/40 at best — is now almost adult-like in its clarity and depth perception. Though his short-range sight is still best, his long-range vision is good enough to recognize people and objects across a room.

Safety Check



To keep your child safe:

- √ use an approved children's car seat every time your child is in the car
- √ always check the temperature of bath water with your elbow
- √ never leave your child, even for a few seconds, in or near any body of water without supervision
- √ always keep the sides of your child's crib up.
- √ do not offer hard pieces of food or candy
- √ always keep small objects, such as buttons, wheels, toy parts, etc., away from your child
- √ check for toys for small parts that might come off and cause choking
- √ have the Poison Control number posted or on the phone (1-800-222-1222)
- √ watch where you leave chairs because your child may like to climb up on them
- √ don't let your child play with electrical cords or outlets and keep outlets covered
- √ keep all household chemicals out of reach
- √ keep pot handles turned inward on the stove because your child might grab them
- √ use at least SPF 30 sunscreen
- √ your toddler may go up stairs by herself, but she'll need you to catch her if she falls and some help on the way down
- √ teach your child to be safe around pets by not grabbing them or taking their toys or food and also teach him not approach strange animals.

** ACTIVITY TIPS **

Toddlers love to play in water. Put sponges or squeeze bottles along with dump and pour toys in the bathtub. Remember to always be with her when she is in the tub.