

Child Care Health Partnership Parent Handout – 18 months

PARTNERSHIPS

You are your child's first teacher. Parents will be viewed as partners and treated with respect.

- Your child will be provided with words for their feelings.
- Your child will enjoy helping you with simple everyday tasks.
- Ask your child's caregiver for help in finding programs if your family needs support resources in the way of financial help, food assistance or other resources.

GUIDANCE

- Your child's caregiver will set limits for your child.
- Your child's caregiver will focus on what your child should do instead of what they should not do. For example, "use walking feet."
- Consistency is key. If children are guided to follow simple rules consistently, they are much more likely to understand and follow them on their own.
- When possible, your child's caregiver will offer your child choices. "Do you want to put the toys in the basket or in the box?"
- Your child's caregiver will praise your child's efforts and successes by speaking specifically about what your child did right and reinforcing their positive behavior immediately after it happens.

Learning through Play

- Play is fun, not work.
- Your child's caregiver will build on your child's skills by offering developmentally appropriate games, activities and toys for play.
- Your child will start to engage in pretend play, like pretending to talk on the phone.

Toilet Training

- Your child's caregiver will support you in toilet training your child. Some signs that your child is ready include:
 - Staying dry for 2 hours
 - Knowing if they are wet or dry
 - Pulling their pants down and up
 - Wanting to learn
 - Telling you if they are going to have a bowel movement

PHYSICAL DEVELOPMENT

- Your child is able to help wash their hands and may be able to turn on the faucet.
- As your child starts to climb, to walk-forward and backward, to open and close doors, your child's caregiver will check the classroom for related safety concerns.
- Your child will begin to show a preference for using one hand more than the other.

Relationships

- As your child begins to show signs of independence, they will be using the word "no" quite a bit.
- Your child's caregiver will reinforce your child treating others in kind ways and that aggressive behaviors such as biting or hitting are not okay.
- Sharing is very hard thing to learn and while toddlers are not ready to share, your child's caregiver will introduce the concept of sharing.
- Your child's caregiver will reinforce that your child treats others in kind ways and teach your child not to hit, bite or hurt other people.

Language and Literacy

- Your child understands more words than they say.
- Your child's caregiver will talk with your child about everyday things.
- To build your child's language development, your child's caregiver will expand upon what your child says. For example, when your child says "book," the caregiver may ask "do you want to read a book?"
- Your child's caregiver will read and sing to your child everyday.
- Your child's caregiver will point to the picture in a book that your child names.

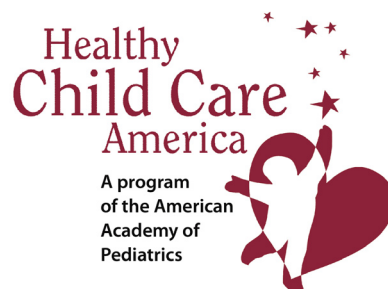


Healthy Active Living at Home

- Set up regular mealtimes and snack times.
 - Snacks are small meals between bigger meals and should be the same type of food you would give your child at mealtime
 - Avoid continuous feeding or “grazing”
- Offer nutritious choices and keep portions small. Toddlers often like 3 or 4 different kinds of food at a meal, with different textures and tastes.
- Start with serving small portions, you can always give her more if she needs it.
- Put new foods next to foods your child likes. Encourage him to touch, smell, lick, or taste the new food.
- Offering healthy dips such as yogurt, hummus, or low-fat salad dressings can help children learn to like eating vegetables.
- Don't force your child to eat, since this makes kids more likely to refuse food and eat less.
- Food should not be used as a reward or punishment.
- Encourage your child to drink water if she is thirsty.
- Limit juice to no more than 4–6 ounces a day. Consider adding water to the juice or offer fresh fruit instead of juice.
- Make sure that everyone who cares for your child gives healthy foods and avoids sweets.
- Parents are a child's best teachers! Teach by example. Make time to be active with your family or model healthy activity by exercising regularly and talking to your children about it.
- Make plenty of time to play with your toddler. Play follow the leader, marching band, ring around the rosy, or dance to music.
- Choose active play rather than TV time. Television viewing for children under the age of 2 is strongly discouraged.
- Turn activities like cleaning up and putting away toys into a game that your child can “play.”
- Focus on reading together, which is lots of fun and can be integrated with your bedtime routine.

Questions to Ask Your Child's Pediatrician

- “Is my child developing normally?”
- “How do I know when my child is ready for toilet training?”



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