

Help me be healthy.

At this checkup, the doctor will:

- Weigh and measure me.
- Test how well I hear and see.
- Ask to describe how I play and what I like to do.
- Ask to describe what and how much I eat.

1 1/2 - 2 years

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 you love me.
- Thank me if I'm helpful.
- Tell me what to do, instead of what not to do.
- Listen to what I have to say and answer my questions.

Ask my doctor if I should be screened for lead.

Find out about children's health insurance.

If you don't have health insurance for me, call the **Children's Health Insurance Program** toll-free at 1-877-543-7669 (1-877-KIDS_NOW).

Be patient about potty training.

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 I'm wet.

Take me to the dentist again.

Set up a time for me to see the dentist and get my teeth checked. Be sure to check my teeth when you brush them for me. If you see any white or brown spots, take me to the dentist soon. Help me grow up with no cavities.

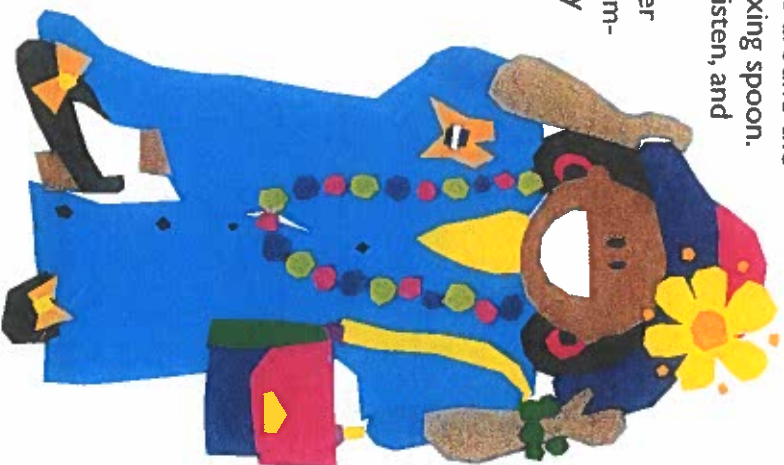
Keep me safe.

- **My house may be safe for me, but what happens when we visit new places?** Keep me in your sight so I don't get into any safety problems. Take some toys for me 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 and 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.

Praise me when I'm doing what you want. For example, if I cover my mouth when I cough, say, "I'm glad you covered your mouth when you coughed."

Play with me. It helps me learn.

- Play "Dress Up" and "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.
- Show me how to use things we have around the house. Let me use a broom or a mixing spoon.
- Take me on walks and let me look, listen, and touch.
- Find a playmate for me. Have another child come over or take me to a community play group. 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.
- Let me 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 can tell you what colors they are.
- Play some music so we can dance.
- Talk with me before I go to bed. Let's talk about what happened today and what's going to happen tomorrow.



How I am growing:

My Doctor is: _____

My Dentist is: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Immunizations: _____

New Things I Can Do:

Favorite Things and Activities:

Watch how I grow:

I learn at my own pace.

I may learn to do some things a little early or some things a little later than others. By the time I'm 2 years old, I should be able to do most of things on the list below. If you are worried about what I can do, talk to my doctor or nurse. To find a nearby **Early Childhood Intervention** program, call the DARS Help Line toll-free at 1-800-628-5115.

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.

