

## **Toddler Visit #9**

- 16 Month Growth & Development
  - Keep Baby's Teeth Healthy
    - First Aid
  - Immunizations: Myths & Facts

## **Topics for Next Visit**

- PIPE: Love is Something a Rocky Road
  - ASQ Activities: 16-20 Months

## Month 16: What's New?

### Things I did this month:

*for the first time I got to...*

### Learning about me...

*I am learning new things every day. I am so proud of myself when I:*

## REMEMBER!

**I am getting bigger. But I still need some quiet time.**

**Sometimes I play very hard right before nap time or bedtime. This makes it hard for me to go to sleep. Even if I am very, very tired.**

**Help me quiet down before time for nap or bed.**

### Learning about you...

*Being a parent is a very big job. How do I and others help you know you are doing a good job?*

## **Month 16: What's Next?**

### **At 16 months I might:**

- Hand you my empty plate when I'm done.
- Chew my food and swallow it better.
- Want to feed myself. Try to use a spoon myself.
- Try to climb up the stairs on my hands & knees.
- Try to walk backwards.
- Point to my eyes, nose, mouth or tummy when asked.
- Love to give you a hug and a kiss.

### **You can help me learn!**

- Play pretend games with me. Like feeding my teddy bear.
- Let me turn the pages of a book all by myself. Or with just a little bit of help.
- Tickle my tummy a little when you change my diaper. This may help me try to hold still.
- Play with me in the tub. Help me fill small cups or bowls with water. Let me dump it out.
- Show me how to match large wooden puzzle pieces.

### **SAFETY CHECK**

**I love to play outside in the sunshine. But I need sunscreen. I don't want my skin to burn.**

**I might like to wear a hat. This helps protect me from the sun.**

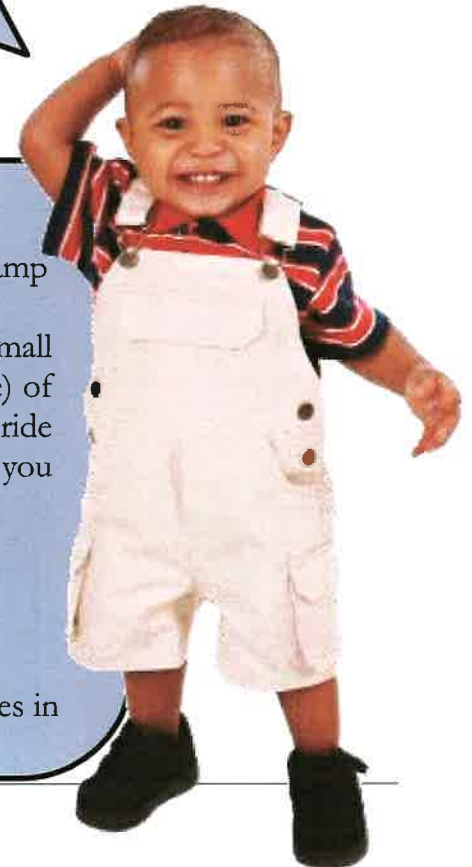
## Caring for Baby's Teeth

**My baby teeth are important to both of us!**

- They help me chew and talk.
- They make room for my permanent teeth. That helps them grow in straight.

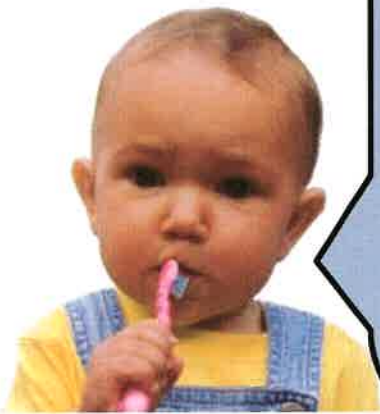


**Thanks, Mommy, for helping me always have a great smile!!**



**To keep me smiling:**

- It's never too early to start dental care! Clean my gums with a damp soft washcloth after I eat.
- When my teeth come in, clean them twice a day. Use a small toothbrush with soft bristles and a smear (size of a grain of rice) of fluoride toothpaste. After I turn 3, use a pea-sized dab of fluoride toothpaste smeared into the bristles. We brush for 2 minutes – you can sing a song while I brush to time how long it takes.
- Clean between my teeth too.
- Feed me a well-balanced diet. It will make my teeth strong.
- Only put breast milk, formula or water in my bottle – no juice!
- If you put me to bed with a bottle, fill it only with water.
- I should have my first dental check-up when my first tooth comes in – be sure to take me before my 1<sup>st</sup> birthday!



## Healthy Teeth

- Children often get their first tooth by six months of age.
- By age three, children have twenty teeth.
- Front teeth fall out around six or seven years of age. The back teeth don't fall out until ten or twelve years old.



### Taking care of your child's teeth

#### You will need:

- For gums – use a wet cloth or pad to keep gums clean. You do not need to put toothpaste on the cloth.
- For teeth - A toothbrush (small enough to reach every tooth)
- Fluoride toothpaste
- Dental floss

#### Steps:

1. Use a small amount of fluoride toothpaste
  - if younger than 3 years old - about the size of a grain of rice)
  - for 3 years and older – use a pea sized amount of toothpaste.
2. Place the head of the toothbrush on the side of the teeth. Angle the bristle tips against the gum line. Move the toothbrush back and forth, using a gentle scrubbing motion.
3. Brush the outer surfaces of each tooth. Brush upper and lower teeth.
4. Brush the inside surfaces of each tooth.
5. Brush the chewing surfaces of each tooth.
6. Gently floss between any teeth that touch.

\*\* On May 31, 2018, U.S. Food and Drug Administration (FDA) warned against the use of over-the-counter (OTC) teething products containing a pain reliever (benzocaine) that can cause serious risk to infants and children.



# First Aid and CPR

No one wants to think that their child could be hurt. But accidents happen and you need to be prepared. Take a class in child first aid and CPR.

Classes are offered by your local chapter of the American Red Cross or American Heart Association. Many hospitals also offer classes.

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## Allergic Reaction

The lips, tongue, face or neck may swell. This can close the airway. If your child has trouble breathing, call 911.

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## Bleeding

Use a clean cloth to cover a bleeding wound. Put firm pressure on the wound. Elevate the wound about the level of the heart. Call your health care provider for further instructions.



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## Burns

Cool the burn under cool running water. Bandage the burn loosely with a sterile gauze bandage. Don't use ice. Don't apply butter or ointments to the burn. Don't break blisters. Call your health care provider for further instructions.

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## Broken Bone



Do not move the child. Do not try to straighten the broken bone. Keep the injured area still and supported. Call 911 if there is heavy bleeding, bone has pierced the skin, or you suspect a bone is broken in the neck, head, or back. Otherwise call your health care provider for further instructions.

## Choking

If your child is coughing or gagging, the airway is not blocked. Let child keep coughing. This is the best way to dislodge the blockage.

Choking occurs when your child is conscious but can't cough, talk, or breathe. Your child may begin to turn blue. You'll need to help immediately. A first aid and CPR class will teach you what to do when your child is choking.



## Seizure

Lower the child to the floor and turn them on their side. Do not hold or restrain the child. Clear the area of anything sharp or hard. Put something flat and soft, like a folded jacket, under the head. Loosen any tight clothing around the neck or head. Do not try to force the mouth open. Many children clench their teeth during a seizure.

If the seizure lasts more than 5 minutes, call 911. If the seizure lasts less than 5 minutes, call your health care provider.

## Unconscious

If your child seems to be unconscious:

- Tap child's shoulder and shout "Are you OK?" For an infant, flick the bottom of the foot.
- If child down not move or react, have someone call 911. (If you are alone, give 2 minutes of CPR then pause to call 911.)
- A first aid and CPR class will teach you what to do.