

## **Toddler Visit #5**

- 14 Month Growth & Development
  - Toddler Safety

## **Topics for Next Visit**

- PIPE: Playing is Learning

## Month 14: What's New?

### Things I tried this month:

For the first time, I:

### Learning about me...

*I enjoy familiar things. I'm learning what I can do.*

My favorite place to sleep: \_\_\_\_\_

My favorite outside activity: \_\_\_\_\_

Things I like to do again and again just for fun: \_\_\_\_\_

### REMEMBER!

**I love to be on the go.  
But I still need a  
schedule. Keeping  
regular mealtimes  
and naptimes helps  
me be happier.**

### Learning about you...

What do you do to relax?

take deep breaths      pray

get a backrub

go to religious services

read

listen to music

watch TV

take a bath

go for a walk

WHAT ELSE?

## Month 14: What's Next?

### At 14 months I might:

- Take my socks off. I might help you dress me.
- Look for a toy you hide from me.
- Drink from a cup without making such a mess.
- Suck through a straw.
- Try to hold more than two toys at a time.
- Play by myself for a little while.
- Turn to the right family member when you ask, "Where is \_\_\_\_\_?"

### You can help me learn!

- Use the names of things we see and do.
- Play singing games with me. Like Itsy Bitsy Spider.



### SAFETY CHECK

I am very curious. I want to do the things I see you do.

Crawl around the house. Look at things from my point of view. It will help you see what could be a danger to me at home.

## How Safe Are We?

Answer yes or no to these questions. It will help you think about how safe your routines are for you and your baby.

	Yes	No
Do you always wear a seatbelt when you are in a car?		
Do you always use a carseat when your child is in the car?		
Do you ever ride in a car if the driver is speeding?		
Does anyone you know drive after drinking or using drugs?		
Do you have smoke detectors in your home?		
Do you have a plan to escape your home in case of fire?		
Do you know what to do if something catches on fire?		
Does anyone in your home know CPR?		
Is there a list of emergency phone number on or beside your phone?		
Do you have someone to talk to when you are sad, angry, or upset?		
Have you ever been hit, hurt, or threatened by someone?		
Have you been in any fights (pushing, hitting) in the last year?		
Do you know anyone who owns guns or other weapons?		
Have you see others hurt in fights?		
Do you have a way to keep yourself safe if a group gets wild?		
Do you feel safe and relaxed when you go to bed?		



## Playing Safely With Dad

Toddlers often play differently with Dad than with Mom.

I can tell my toddler wants to play with me when:



Some things I like to do with my toddler are:

Things we do that are different from time spent with Mommy are:

**Do you “rough house” with your child? Lots of dads play this way with their kids. Remember these tips...**



- Playing can get too rough. When it does, back off. Help your toddler calm down. You are teaching limits.
- Let your toddler know if things are getting too rough. Toddlers will learn which rough actions are “OK” and which are not.
- Let your toddler win sometimes.
- But focus on fun, not winning. Teach your toddler that playing is about fun and sharing.
- Take turns. This teaches your toddler how to play fair.



## Protecting Your Toddler from Guns

Toddlers like to explore everything. Toddlers can't tell if a gun is real or a toy.

The best way to keep your children safe from injury or death from guns is to never have a gun in the home.

### According to the American Academy of Pediatrics...

- An estimated 4.6 million kids live with unsecured and loaded guns.
- In United States, firearms are the leading cause of death for children and teens under the age of 18.

If you decide to keep a gun, there are safety tips to follow:

#### Ways to lock up a gun:



locking gun cabinet

gun or  
trigger lock



gun safe (portable or installed)

#### More Safety Tips for Guns

- Never store a loaded gun. Have the safety latch on.
- Store guns out of the reach of children. Use locked cabinets.
- Store ammunition separately from guns. Keep it locked up. Hide the keys.
- Always treat any gun as if it is loaded.
- Teach your toddler to never touch a gun.
- Remove all guns from a home if someone is depressed or violent.
- Take a gun safety class.
- Ask about guns at childcare and friends' homes. Be sure they keep any guns safe.

For more information check out [this resource](#) from the American Academy of Pediatrics.

## Toddling Safely

An accident could hurt your toddler. More toddlers die from accidents than from illness. Here are some things your toddler wants you to know about safety!

**I don't need fancy toys, Mom. Keep toys simple and safe for me.**



Choose toys that:

- Don't plug into electricity.
- Don't have small pieces I could choke on. Don't let me play with balloons. They can break. I could choke on the pieces of balloons.
- Don't have motors. (Like riding toys)
- You are my best toy!
- Play with me as often as you can.

**You can protect me from falls!**



- Use gates and window guards.
- Move chairs and beds away from windows or cupboards
- Safely strap me into strollers, highchairs, or shopping carts.
- Don't put me on counters, tables, or other high places.
- I might be able to open doors. Keep them locked.

**Just think of all the trouble I could get into!**



- I am moving so fast. I can get into trouble in the blink of an eye!
- Don't put toys in a toy box with a lid. A lid could injure or trap me.
- Keep hanging cords out of my reach. (Like cords on window blinds or mobiles or electrical cords.)

**Mom, I love to climb! Help keep me safe.**



- Keep my crib at the lowest setting.
- I might use things to climb out of my bed. Like big stuffed animals or pillows. Don't put them in my bed.
- Don't use bumpers, pillows, blankets, or sleep positioners in my crib.

**I like to play with things. I want to see how they work.**



- Childproof the house. Be sure to cover all electrical outlets.
- Keep oven and stove knobs covered. I can reach higher than you think!
- Never keep guns in the home.
- If guns are kept in the home, ALWAYS keep them locked up!

## Toddling Safely

I like to put things  
in my mouth. I  
might eat things  
that make me sick.



- Use locks or latches to keep me out of cupboards.
- Put all cleaning products, alcohol, and drugs up high. Don't keep them near food.
- Keep all medicine in childproof bottles.
- Keep all tobacco products away from me. (Cigarettes are deadly if I eat them.) Keep matches, lighters, and ashtrays out of reach.
- Keep plants and heavy planting pots out of my reach. Dirt and some plants can make me sick.
- Keep the poison control number by the phone. Just in case I eat or drink something I shouldn't.

What else will  
you do to  
keep me safe?



Sometimes I don't  
like to be buckled  
up! But a car seat  
is the safest place  
for me.



- I am safest in the back seat.
- Never let me out of my car seat while the car is moving.
- Never leave me alone in the car. Not even for a second.
- Use your seatbelt! Seeing you buckle up makes me want to buckle up, too.
- Never leave me asleep in my car seat when we're done driving.

I know you love  
me so much.  
You work hard to  
keep me safe!





## What If an Accident Happens?

You'll do your best to keep your child safe. But accidents can still happen. Your child may get hurt.

### Do you know when to call 911?

#### Call 911 right away for these symptoms

- No pulse
- Not breathing
- Bleeding that doesn't stop with pressure
- Unconscious – doesn't respond to voice or touch
- Skin is bluish (also check fingernails and toenails)
- Trouble breathing (wheezing, struggling to breathe)
- Child cannot move arms and/or legs (Do NOT move the child!)
- A broken bone has broken through the skin



**Follow your gut feeling. If you feel your child needs help, call!**

#### Burns

Burns can be very serious. You may need to see your doctor. You may need to call 911. Use your best judgment if:

- Burn has caused 3 or more blisters
- Blister is too large to fit under a band-aid
- Burn is on face, neck, hands, feet or genitals
- Skin is charred black or totally white
- Burn was caused by a very hot substance
- Burn was caused by electricity
- Burn was caused by an explosion

#### Eye Injuries

Get emergency help if:

- Eye is bleeding
- Something is stuck in eye

#### Poisoning

If you suspect poisoning, call Poison Control.

**1-800-222-1222**