

Month 13: What's New?

Things I tried this month:

A new food: _____

A new place: _____

A new book: _____

Learning about me...

I love to explore. I love to see new places. But I still like my favorite things.

My favorite toy: _____

My favorite way to cheer up: _____

My favorite music or song: _____

My favorite animal: _____

REMEMBER!

**I love to explore!
There are things I
should not do. Show
me what I CAN do
instead! It's a great
way to keep me safe.**

Learning about you...

What makes you happy?

What do I do to make you laugh?

What do you do to make yourself smile?

Month 13: What's Next?

At 13 months I might:

- Begin to show more emotions (besides how much I love the world).
- Still want to put lots of things in my mouth. But I like food best!
- Hand you a toy. I might not be ready to let go.
- Put a block or toy in a bowl or box.
- Take steps between a chair and table. Or I might be walking by myself.

You can help me learn!

- Give me words for my feelings. Teach me sad, happy, and other feeling words.
- Let me feed myself with my fingers. Even if I am messy.
- Play ball with me on the floor. Let me watch it go back and forth. Clap when I catch it.
- Let me play with plastic bowls of many sizes. Let me see how they fit together.
- Help me learn the names of my toys. Repeat the names for me.

SAFETY CHECK

I can chew and I have teeth. But there are still foods I should not eat. Things like apples, gummy bears, hot dogs, or grapes.

Avoid foods that could get stuck in my throat.

Bugs, Rodents, & Other Uninvited Guests



Did you know that pests add an *allergen* to the air?

Allergens can cause allergies. Allergens can cause coughs, itchy eyes, or even trouble breathing.

What attracts pests?



**Did you
know...**



Just one
popcorn kernel
can feed 20
roaches!

Stopping the pest traffic:

- Empty standing water.
- Seal any cracks in your home's foundation.
- Keep a lid on trash cans.
- Keep all food sealed in plastic.
- Dispose of all unused food.
- Place screens on windows and vents.
- Clear all debris and clutter. (Like stacks of newspapers, sacks, or boxes.)

Bugs, Rodents, & Other Uninvited Guests

Getting rid of pests

Preventing pests is best. But sometimes that's not enough. Sometimes a home needs pest control products. Here are some options:



sticky paper –
traps pests that
crawl across it



traps – mouse traps,
roach houses



professional
exterminator



poison – chemical sprays,
bug "bombs," bug bait

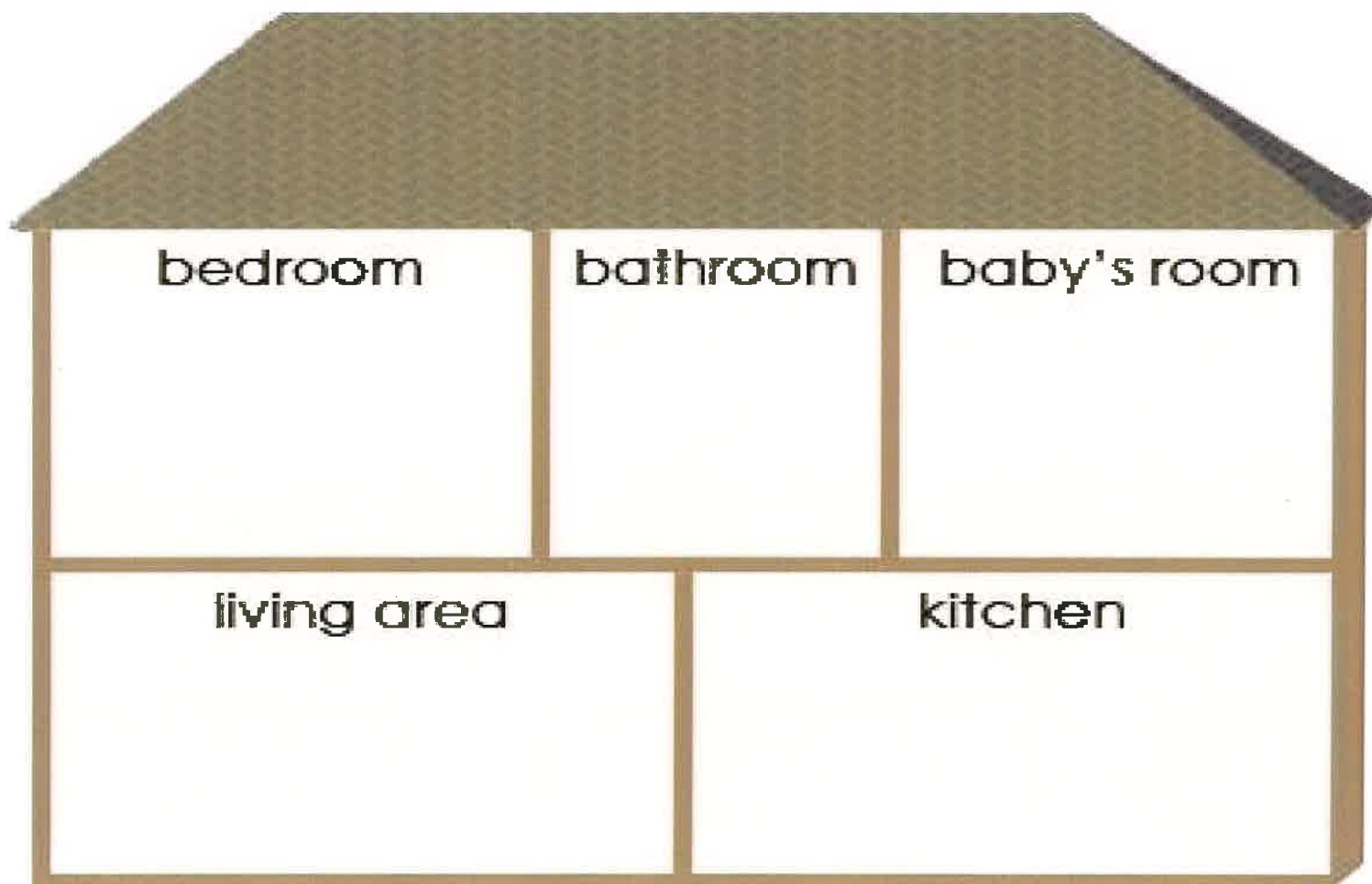
When using pest control products:

- Insecticides and other chemical treatments can hurt your toddler. Keep them locked up away from children.
- Read the labels carefully.
- Use only as directed.
- Look for “natural” pesticides.

Cleaning House Safely

People clean their homes in many ways. Many people use cleaning products in their home.

Which cleaning products do you use? List cleaning products you might use in each room of the house.



Cleaning House Safely

Cleaning products can be harmful to your toddler and you. They can be poisonous. They can cause skin rashes. They may have fumes that could damage your lungs.

Tips for Safe Cleaning

Read the list. Circle the items that you think are most important.

- Use only the amount suggested on the label. More is not better.
- Always keep cleaning products in the original container. Do not remove the labels.
- Do not mix cleaning products.
- Place cleaning products out of the reach of children.
- Keep cleaning products away from food.
- Lock cupboards that contain cleaning products.
- Use cleaning products with child-proof caps.
- Dispose of unused products.
- Dispose of cleaning products as the label suggests.
- Keep emergency treatment information close. Post the Poison Control Center's number on phones.



Is My Home Safe for My Toddler?

How do you keep your home safe for your toddler? Circle Yes or No.

FIRE SAFETY		
Do you have smoke detectors? How many?	Yes	No
Do your smoke detectors work?	Yes	No
Do you have a fire extinguisher? When was checked last?	Yes	No
Do you have a fire escape plan?	Yes	No
Do you use space heaters?	Yes	No
Do you use a vaporizer? A humidifier?	Yes	No
Do you have a floor furnace?	Yes	No

BURNS		
Have you checked the hot water temperature? What is it?	Yes	No
Are there matches or lighters in toddler's reach?	Yes	No
Do you know how to treat a burn?	Yes	No
Are electrical outlets covered?	Yes	No

FALLS		
Are there gates on all stairways? What kind of gates?	Yes	No
Do your windows have window guards?	Yes	No

Is My Home Safe for My Toddler?

DROWNING

Do you stay with your child during bathtime?	Yes	No
Do you avoid leaving any standing water? (in tubs, buckets, etc.)	Yes	No

PRODUCT SAFETY

Do you know the number for Poison Control?	Yes	No
Is the number for Poison Control on all your phones?	Yes	No
Are cleaning supplies stored out of your toddler's reach?	Yes	No
Are medicines stored out of toddler's reach?	Yes	No
Do you carry medicines in your purse?	Yes	No
Do you often double-check toys for safety?	Yes	No
Do you stay informed about product recalls?	Yes	No

GENERAL

Does 911 serve your area? How do you call emergency services?	Yes	No
Do you know CPR?	Yes	No
Do you protect your toddler from choking on food or small objects?	Yes	No
Do you know how to do the Heimlich Maneuver?	Yes	No
Do you have a first aid kit?	Yes	No



Lead Poisoning: Still at Risk



Lead poisoning is serious for toddlers. Hidden lead poisoning can lead to brain damage. It can cause learning problems, slow growth, and headaches.

How do toddlers get lead poisoning?

- ☐ Sucking on lead painted toys. Or other lead-painted objects.
- ☐ Eating paint chips.
- ☐ Sucking on objects made from lead or pewter.
- ☐ Breathing in lead paint dust.
- ☐ Drinking water from lead pipes.
- ☐ Drinking juice or drinks made with water that has too much lead.



What are symptoms of lead poisoning?

- Poor appetite
- Complains of a tummy ache
- Vomiting
- Very tired or grouchy
- Clumsy

Worried that your toddler has been exposed to lead? Get a blood test to check for lead poisoning.

A blood test to check for lead poisoning is required when your toddler turns 2.

Some foods help protect your child from lead absorption. Like foods that are low in fat and rich in iron. A full stomach does not absorb as much lead.

These foods help prevent lead absorption:

- Whole or 2% milk
- Iron-fortified cereals (like oatmeal)
- Lean meats (like turkey and fish)
- Dried beans (cooked)
- Oranges, cantaloupe, and strawberries
- Green peppers, tomatoes, and broccoli
- Yogurt and cheese

Was your home built before 1978?

Your home could be at risk. Call the health department. Ask for an inspection. In most areas, the inspection is free.



Something You Can't See Could Be Hurting Your Child!

Lead poisoning is one of the top childhood environmental health problems facing Louisiana's children. Learn how you can protect your child from lead poisoning.

Did You Know.....

- All children should have their first lead screening by the time they turn 1?
- Exposure to lead can be dangerous for the developing brains of infants and toddlers?
- Children can become lead poisoned by putting their hands or other objects contaminated with lead into their mouths?
- Many Louisiana homes built before 1978 have lead-based paint?
- In Louisiana lead can be found in the soil and drinking water from lead pipes?



What You Can Do to Keep Your Child Safe From Lead Exposure:

- Ask your doctor to screen your young children for lead, even if they seem healthy.
- Keep the area where your children play as dust-free and clean as possible.
- Take off your shoes when entering your house.
- Clean your floors with a damp mop weekly to control lead dust.
- Vacuum carpets and upholstery with Hepa vacuums every week.
- Make sure your children don't chew on painted surfaces, such as toys or window sills, or eat paint chips.
- Frequently wash your child's hands and toys.
- If you use tap water for drinking or cooking, make sure you use cold water.
- Spread the word about lead exposure to your friends and family, where your child may spend time.



LOUISIANA
DEPARTMENT OF
HEALTH
Public Health

Visit: www.lead.dhh.la.gov

for more information on how to prevent lead exposure for your family, or contact the Louisiana Healthy Homes and Childhood Lead Poisoning Prevention Program (LHHCLPPP) at (504) 568-8254.

Lead Poisoning Risk Checklist

Is your family at risk for lead poisoning?



chipped paint



lead pipe



dirty work boots



lead in the soil

If the answer is yes, mark a ✓

1. _____	Was your residence built before 1978? Most homes built before 1978 contain lead-based paint.
2. _____	Do you see walls, furniture or window sills in your home with chipping or peeling paint? Lead-based paint is unsafe if it peels, chips or cracks.
3. _____	Do your children play in the dirt near your home? Soil around homes with lead-based paint can contain lead chips, dust or flakes. Children can accidentally swallow this soil or bring it in the house on their shoes.
4. _____	Have you done any renovations in your home recently? Renovations may cause lead dust.
5. _____	Does your drinking water come from lead pipes? Lead pipes are dull grey and scratch easily with a key or penny.
6. _____	Does your child play with toys made outside of the United States? Toys from outside of the U.S. often contain lead.
7. _____	Have your neighbors' children or your child's playmates ever had a high lead blood test reading? If so, your children could be at risk because they play in the same places.
8. _____	Do you store any food in pottery containers? Imported pottery usually contains lead.
9. _____	Do you or someone you live with work where lead is used, such as in construction, painting, iron work, automobile repair or furniture refinishing? Lead can get on work clothes. Work clothes should be removed before coming into the house. Work clothes should be washed separately from the clothes you wear around your family. Please remove your shoes before entering your home as lead can easily be tracked indoors.

If you have answered YES to any of these questions, visit www.lead.dhh.la.gov or contact the Louisiana Healthy Homes and Childhood Lead Poisoning Prevention Program (LHHCLPPP) at (504) 568-8254 for information on how you can have your home checked for lead.

Have Your Children Under 6 Screened For Lead Poisoning!

BITING

It is a normal development for children under the age of 3 years to express anger, frustration or the need for control and attention by biting. When children do not have the words to express their feelings, biting becomes a natural response. They can bite objects, pets and people.



Express frustration,
anger, fear



Exploring: What
happens if I bite?



Pain from Teething

Other Reasons Children Bite may include:

- Imitate other children
- Get attention
- Act in self-defense
- Communicate other needs such as sleep or hunger

Has your child had a biting incident? Why do you think your child bit someone?

What would you like to know about why children bite and how to respond when children bite?

BITING



Suggestions: When a biting incident occurs that involves another child or animal, parents need to act quickly.



Separate the biter from the one bitten. This calms the biter and lets the victim feel safe.



Talk to the child who bit and help him or her understand the emotions that led to biting. Ex: "It looks like you were mad. It is OK to be mad but we don't bite when we are mad. We _____."



Console the one bitten. Offer first aid, ice pack, bandaid, etc. Reassure them that it was not their fault. Contact their parent. Don't force the child who bit and the victim to play together.

Never bite the child back in order to show him how it feels or to punish.

Ideas to Prevent Biting

- In order to reduce frustration keep routines and schedules consistent. A child who does not know what to expect or who is fussy due to missing a nap is more likely to bite.
- Look for signs of frustration such as taking toys from other children and throwing toys.
- Keep expectations age appropriate. Children become mad or frustrated when they are expected to do things that are not age appropriate.
- Offer the child choices. If you see the child is starting to get frustrated with an activity, try offering another one.
- Avoid getting angry, yelling or shaming the child.
- Avoid giving too much attention to the one who bites. It can reinforce the behavior
- Avoid labeling the child a 'Biter'.

Which responses will you be more likely to use or would like to try if your child bites?

It may take a few weeks to change your child's behavior.

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.