

Toddler Visit #11

- 17 Month Growth & Development
 - Separation & Stranger Anxiety



Topics for Next Visit:

- PIPE: What Are Children Really Learning?

Month 17: What's New?

Things I did this month:

I am learning to help out around the house. I like pretending to:

Learning about me...

I like using my body to do the things I want.

I use my legs to:

I use my hands to:

I use my voice to:

REMEMBER!

It's time for me to visit the dentist. I can meet the dentist. I can sit in the big chair.

I still need your help to brush my teeth. (Even if I don't have many.)



Learning about you...

What do you like to do to keep your body healthy?

- singing
- dancing
- hiking
- riding a bike
- walking
- swimming
- sitting and relaxing
- eating healthy foods
- avoiding fast food
- getting enough sleep
- listening to music
- what else?

Month 17: What's Next?

At 17 months I might:

- Climb up stairs while hanging on.
- Jump in place.
- Use about 7-10 words.
- Be a little more willing to move away from you.
- Point to a toy and tell you what it is.
- Need to eat every 2-3 hours. (Meals & healthy snacks.) My tummy can't hold all the food I need to grow and play.

You can help me learn!

- Limit my TV watching. Even children's programs.
- Help me learn to play with toys by myself. Let me look at books or play with blocks or plastic bowls.
- Tell me what you want me to do. Give me praise when I do things right. Then I'll know what you want me to do.
- You decide when and where I eat. But let me tell you when I'm full. I don't need juice or sweets in a bottle.

SAFETY CHECK

**I am still getting teeth.
It can make me fussy.**

**Keep my teeth healthy. I
don't want cavities. Don't
put me to bed with a bottle
of milk or after sweets.**

**Just drinking water or
brushing my teeth
will help a lot.**

Boys and Girls – Learning About Me

Toddlers are very curious. They want to touch and explore. They want to explore their body parts too. Putting their fingers in mouth, nose or ears is normal. Wanting to touch others is normal too! This may start around 12-14 months.



How do you feel?

Some parents feel concerned or embarrassed when children touch themselves. Some parents don't worry at all. What are your feelings?

What should you do?

When a toddler is self-exploring, some parents:

- Ignore it.
- Distract the toddler.
"Here, look at this book with me."
- Talk to the toddler.
"Yes, you just found a new body part."

How do you want to respond?



Touching body parts is a way toddlers learn. They want to learn about all their body parts. It is normal.

Respond to your child in a loving way.



Play a game! Ask your child to point to his nose, mouth, or other body parts. Guide his finger if he needs help. This game helps with language development.

Don't Leave Me!



I love it that my child is attached to me. But I feel so guilty when I leave her!

It feels good to be my child's hero! But can't I get a minute to myself?

Is your toddler attached at your hip? Wanting to cling to you even in the bathroom?

Don't worry, it's NORMAL.



What is separation anxiety?

This is when your toddler is scared to be away from you. It starts around **8 months**. It is worst around **12-18 months**. It usually eases off around **3 years**.

I have learned that there is only one you! I want to be with you ALL the time!

I don't have a sense of time. I don't know when, or if, you're coming back.



I cry big tears and hope you will stay! But once you're gone I cheer up & have fun.

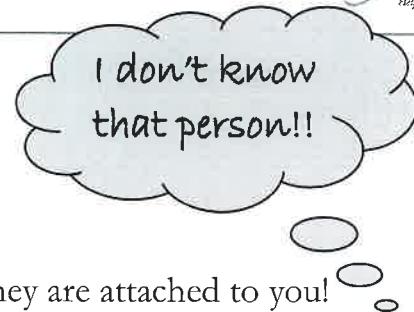


Tips for Dealing with Separation Anxiety

- Try to leave when your child isn't tired or hungry. Being tired or hungry makes separation anxiety worse.
- Spend time with your child at a new place before leaving. Remind your child that you will be back.
- Say goodbye in a happy, positive way. Then leave. This shows your child that you trust the caregiver.
- Have the other caregiver distract your child as you leave. A game or toy may help. Your child will calm down after you leave.

Sometimes I'm Scared of Strangers

Stranger anxiety is when children are afraid of people they don't know. It may start around eight months. It often stops around age two.



Stranger anxiety is **NORMAL** for toddlers. It means they are attached to you!

Stranger anxiety can worry parents. Your baby used to be calm around others. But now your child cries every time someone new is around. Sometimes they even cry when they see family or friends!

This is NORMAL. Give it some time. Your child will become more secure.



Tips for Dealing with Stranger Anxiety



Prepare. Talk to your child before seeing or meeting someone.
You are going to see your Aunt Rosa today. She loves you! We saw her last month.



Recognize. Talk about your child's fearful feelings.
You're feeling scared because you don't remember Aunt Rosa. It's ok. You're safe.

Accept. Don't expect your child to act older than he is. It's ok for your child to be scared of new people. It is normal at this age.

Reassure. Comfort your child when she is afraid. Let her know you care about her feelings.

What's your plan?

What will you do to help your child with stranger anxiety?

Getting Dressed

Toddlers want to do things for themselves! But toddlers still need some help getting dressed. This can make things tricky.

Think about getting your toddler dressed. *What is it like?*

What do you enjoy about getting your toddler dressed?

What do you not enjoy about getting your toddler dressed?

Tip 1: Work Together! Let your toddler help.

What can your toddler do to get dressed or undressed? Read the list of items. Check the box by things your toddler can do now.

- Hold arms up for shirt
- Hold legs up for pants
- Put arms through sleeves
- Pull off socks
- Pull off pants
- Pull off shirt
- Pull up pants
- Pull down shirt
- Other...



Tip 2: Give Choices

Give your child choices. This gives your toddler some freedom. Set out two or three items of clothing. Let your child choose one to wear.

For example:

- The red shirt or the blue shirt?
- Jeans or a skirt?
- Green jacket or white coat?
- Brown sandals or black shoes?

How can you give your child choices while getting dressed?

Tip 3: Make It Fun & Easy

- Give your child lots of praise. “Yeah! You pulled up your pants!”
- Break dressing into small steps.

How can you make dress time fun and easy?