



[Home](#) → [Health Topics](#) → Toddler Health

URL of this page: <https://medlineplus.gov/toddlerhealth.html>

Toddler Health

Most young children get sick. It is hard for parents to know what is serious. You can learn what the common warning signs are. In the end, trust your intuition. If you are worried about your toddler, call your health care provider right away.

Well-child visits are important to your toddler's health. Toddlers will get their recommended vaccines [<https://medlineplus.gov/childhoodvaccines.html>] during these visits. Routine exams and screenings help you and your kids prevent and treat health problems as well as chart their growth and development [<https://medlineplus.gov/toddlerdevelopment.html>] .

Start Here

- **Infants & Toddlers: Raising Healthy Children** [<https://www.cdc.gov/parents/infants/healthy-children.html>] (Centers for Disease Control and Prevention)
- **Medical Care and Your 1- to 2-Year-Old** [<https://kidshealth.org/en/parents/med12yr.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/med12yr.html>]
- **Medical Care and Your 2- to 3-Year-Old** [<https://kidshealth.org/en/parents/medical-care-2-3.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/medical-care-2-3.html>]

Diagnosis and Tests

- **Chest Pain in Infants and Children** [<https://familydoctor.org/symptom/chest-pain-infants-children/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/dolor-en-el-pecho-en-lactantes-y-ninos/?adfree=true>]
- **Elimination Problems or Constipation in Infants and Children** [<https://familydoctor.org/symptom/elimination-problems-infants-children/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-eliminacion-en-lactantes-y-ninos/?adfree=true>]
- **Feeding Problems in Infants and Children** [<https://familydoctor.org/symptom/feeding-problems-infants-children/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-para-alimentar-lactantes-y-ninos/?adfree=true>]
- **Fever in Infants and Children** [<https://familydoctor.org/symptom/fever-infants-children/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/fiebre-en-lactantes-y-ninos/?adfree=true>]
- **Mouth Problems in Infants and Children** [<https://familydoctor.org/symptom/mouth-problems-infants-children/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-la-boca-en-lactantes-y-ninos/?adfree=true>]
- **Nausea and Vomiting in Infants and Children** [<https://familydoctor.org/symptom/nausea-vomiting-infants-children/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/sintoma/nauseas-y-vomito-en-lactantes-y-en-ninos/?adfree=true>]

Prevention and Risk Factors

- **Hearing Tests (For Parents)** [<https://kidshealth.org/en/parents/hear.html>]  (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/parents/hear.html>]


- Your Child's Vision [<https://kidshealth.org/en/parents/vision.html>] (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/parents/vision.html>]







Treatments and Therapies

- How to Give Your Child Medicine [<https://familydoctor.org/how-to-give-your-child-medicine/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/como-dar-un-medicamento-a-su-hijo/?adfree=true>]
- Treating Vomiting: What to Do When Your Child is Throwing Up [<https://www.healthychildren.org/English/health-issues/conditions/abdominal/pages/Treating-Vomiting.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/health-issues/conditions/abdominal/paginas/treating-vomiting.aspx>]

Related Issues

- AAP (American Academy of Pediatrics) Schedule of Well-Child Care Visits [<https://www.healthychildren.org/English/family-life/health-management/pages/Well-Child-Care-A-Check-Up-for-Success.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/family-life/health-management/paginas/well-child-care-a-check-up-for-success.aspx>]
- Getting the Most From a Doctor's Visit [<https://kidshealth.org/en/parents/talk-doctor.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/talk-doctor.html>]
- Toddler Nutrition: MedlinePlus Health Topic [<https://medlineplus.gov/toddlernutrition.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/toddlernutrition.html>]
- When Your Child's in the Pediatric Intensive Care Unit [<https://kidshealth.org/en/parents/picu.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/picu.html>]

Specifics

- Are Antibiotics Needed for My Child's Runny Nose? Q & A Guide for Parents [<https://www.cdc.gov/antibiotic-use/media/pdfs/Runny-Nose-508.pdf>] (Centers for Disease Control and Prevention) - **PDF**
- Common Childhood Orthopedic Conditions [<https://kidshealth.org/en/parents/common-ortho.html>] (Nemours Foundation)
- Coughing (For Parents) [<https://kidshealth.org/en/parents/childs-cough.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/childs-cough.html>]
- Febrile Seizures [<https://www.ninds.nih.gov/health-information/disorders/febrile-seizures>]  (National Institute of Neurological Disorders and Stroke)
- Fever (High Temperature) In Kids [<https://kidshealth.org/en/parents/fever.html>]  (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/fever.html>]
- How to Take a Rectal Temperature [<https://kidshealth.org/en/parents/rectal-temperature.html>]  (Nemours Foundation)
- How to Take an Axillary (Armpit) Temperature [<https://kidshealth.org/en/parents/axillary-temperature.html>]  (Nemours Foundation)
- How to Take an Oral Temperature [<https://kidshealth.org/en/parents/oral-temperature.html>]  (Nemours Foundation)
- In-Toeing [<https://kidshealth.org/en/parents/gait.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/gait.html>]
- Kids and Sleep (For Parents) [<https://kidshealth.org/en/parents/sleep.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/sleep.html>]
- Out-Toeing [<https://kidshealth.org/en/parents/out-toeing.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/out-toeing.html>]
- Repeated Infections in Children [<https://familydoctor.org/condition/repeated-infections-in-children/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/infecciones-reiteradas-en-los-ninos-es/?adfree=true>]
- Taking Your Child's Temperature [<https://kidshealth.org/en/parents/take-temperature.html>]  (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/parents/take-temperature.html>]

- Toe Walking [<https://kidshealth.org/en/parents/toe-walking.html>] (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/parents/toe-walking.html>]

- Your Child's First Vaccines: What You Need to Know [<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/multi.pdf>] (Centers for Disease Control and Prevention) - **PDF**

Statistics and Research


- FastStats: Child Health [<https://www.cdc.gov/nchs/fastats/child-health.htm>] (National Center for Health Statistics)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Surgical Treatment of Optic Pathway Hypothalamic Gliomas. [<https://www.ncbi.nlm.nih.gov/pubmed/40608099>]
- Article: Therapy of parapneumonic empyema in children: a protocol for a scoping... [<https://www.ncbi.nlm.nih.gov/pubmed/39099674>]
- Article: Development and initial validation of the Spanish form of the adjustment... [<https://www.ncbi.nlm.nih.gov/pubmed/33581767>]
- Toddler Health -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=Child%2C+Preschool+%5Bmajor%5D+AND+english%5Bla%5D+AND+%22last+5+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29>]

Find an Expert

- Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/>] 
Also in Spanish [<https://espanol.nichd.nih.gov/>]
- Find a Pediatrician or Pediatric Specialist [<https://www.healthychildren.org/english/tips-tools/find-pediatrician/pages/pediatrician-referral-service.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/tips-tools/find-pediatrician/paginas/pediatrician-referral-service.aspx>]
- KidsHealth [<https://kidshealth.org/>] (Nemours Foundation)

Patient Handouts

- Your Child's First Vaccines: What You Need to Know [<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/multi.pdf>] (Centers for Disease Control and Prevention) - **PDF**



MEDICAL ENCYCLOPEDIA

Anemia caused by low iron - infants and toddlers [<https://medlineplus.gov/ency/article/007618.htm>]

Bedtime habits for infants and children [<https://medlineplus.gov/ency/article/002392.htm>]

Intussusception - children [<https://medlineplus.gov/ency/article/000958.htm>]

Your baby and the flu [<https://medlineplus.gov/ency/article/007444.htm>]

Related Health Topics

Childhood Vaccines [<https://medlineplus.gov/childhoodvaccines.html>]

Toddler Development [<https://medlineplus.gov/toddlerdevelopment.html>]

Toddler Nutrition [<https://medlineplus.gov/toddlernutrition.html>]

National Institutes of Health

The primary NIH organization for research on *Toddler Health* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/Pages/index.aspx>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/toddlerhealth.html>] on *Toddler Health*

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