

Name _____

Age _____ Weight _____ Length _____



At Today's Visit

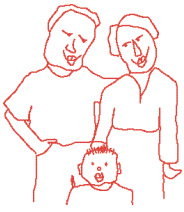
- You and your health professional will have an opportunity to talk about your toddler's growth and development.
- Your health professional will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler will receive one or more immunizations: hepatitis; DTaP; Hib; polio; MMR; chickenpox. Ask your health professional about them.
- You will have an opportunity to ask questions.

Things You May Want to Discuss During This Visit

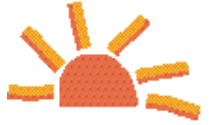
- Progress in weaning from bottle to cup.
- Child care arrangements.
- Time for yourself.
- Your toddler's temperament.
- Setting limits and managing behavior.
- Changes in your family since your last visit.
- Some things your toddler likes to do.
- Any other topics you may want to discuss.



Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- Lower your toddler's crib mattress.
- Look for hazards at your toddler's level (stairs, cords, cabinets, windows).
- Eat healthy meals together as a family.
- Wash your hands and your toddler's frequently, especially after diapering and before meals.
- Discourage hitting, biting, or aggressive behavior.
- Avoid putting your toddler to bed with a bottle.
- Encourage use of a cup.
- Give your toddler individual attention.
- Create opportunities for safe exploration and physical activity.

- Read and sing to your toddler.
- Talk with your toddler about what you are seeing and doing together.
- Help your toddler express joy, anger, sadness, fear.

How to Prepare for the Next Visit

- Share with family members and other caregivers what you've learned at today's visit.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler's eating, sleeping, and social behaviors.
- Update your toddler's health and immunization records.
- Observe your toddler's progress in developing language and physical skills.
- Talk with family members and your toddler's other caregivers about issues they might want you to raise with the health professional.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler will receive one or more immunizations.

Notes: