

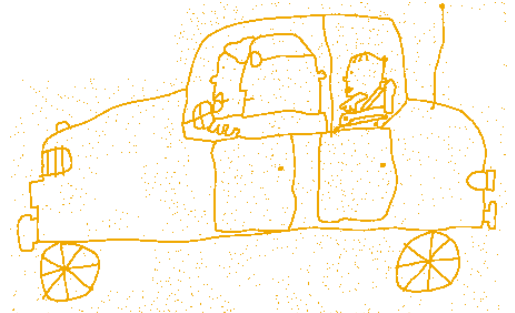
Name _____

Age _____ Weight _____ Length _____



At Today's Visit

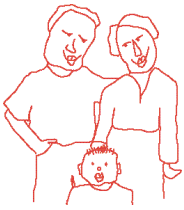
- You and your health professional will have an opportunity to talk about your toddler's growth and development.
- Your health professional will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a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



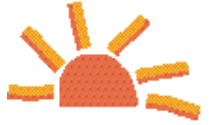
Things You May Want to Discuss During This Visit

- Your toddler's playmates (neighborhood, playgroup, child care).
- Some of your toddler's favorite activities.
- Your toddler's progress in walking and talking.
- How to deal with anger or frustration (yours and your toddler's).
- Your toddler's behavior.
- Household rules and discipline.
- Changes in your family since your last visit.
- Some things your toddler can do now that he couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____

**Things to Keep in Mind Between Now and the Next Visit**

- Allow your toddler to experiment with food, eat with her hands and with utensils, and drink from a cup.
- Brush your toddler's teeth with a soft toothbrush and water only.
- Praise your toddler for good behavior and accomplishments.
- Keep "time out" and other discipline brief; reassure your toddler once negative behavior has stopped.
- Do things together as a family, but keep family outings short and simple.
- Look around your home to be sure that it is childproofed.
- Talk to your health professional about how to handle falls, cuts, bites, bleeding, and broken bones.
- Let older children have toys and objects that they don't have to share.
- Think about your child care arrangements and how they meet your family's needs.

How to Prepare for the Next 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.
- Be prepared to discuss discipline issues such as temper tantrums and setting limits.
- Bring in questions about toilet training.
- Bring in questions or concerns about chronic health problems such as ear infections or frequent colds.
- Talk to your toddler about the next visit with the health professional, including the physical exam, immunizations, and other procedures.
- 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.
- You will be asked about your toddler's possible exposure to lead and your family's history of heart disease.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler may receive one or more immunizations.

**Notes:**