



14-16 Month Check-Up:

Date: _____ Weight: _____ Height: _____

Development: *Your child may be ready to:*

- Say 3-10 words; understand simple commands; walk well and drink from a cup.
- Point to parts of his/her body; play ball and imitate activities; and scribble on paper.
- Express wants by pulling, pointing, or babbling; enjoy social activities, but may have stranger and separation anxiety.

If you have any concern about your child's development, language skills, or interaction with his/her surroundings, please discuss with your provider.

Nutrition: This is the time to **establish healthy eating habits** that may stay for later years: the best diet is rich in fruits, vegetables, whole grains, and fish and lean meat in moderate quantities. Limit consumption of processed meats (ham, bacon, hot dogs, etc.), chips and other fast food (they contain too much salt, fat, and/or sugar). Limit fruit juice to no more than 4 oz/day. Do not offer sugared drinks (such as soda, Gatorade, Koolaid)

- Avoid foods that may cause **choking** (hot dogs, nuts, chunks of meat, pop corn, raisins, etc.)
- Mothers who wish to continue **breast-feeding** are encouraged to do so.
- Formula fed infants or babies weaned from breast milk should get low fat, whole milk, or full-fat soy milk. Limit milk consumption to 16-20 oz/day.
- **Wean your child from bottles.** One way to make this transition easier is to offer only water in the bottle, and serve milk or juices through cups. Absolutely do not put your child to bed with a milk or juice bottle, as this can cause tooth decay.
- Many children eat less at this age. Rather than “forcing”, let your child decide how much to eat. Don't offer frequent snacks, but wait for the child to be hungry enough to enjoy a variety of healthy foods at the next regular family mealtime.
- Continue **Vitamin D3** supplementation (400 units/day) (and fluoride, if indicated).

Safety: **Accidents are the #1 cause of deaths** among American children. Some environmental toxins have life long ill effects. Here are some common practices to prevent accidents:

- Prevent burns: make sure your child cannot grab hot pans, curling irons, and coffee or tea cups. Place plastic plugs in all electrical sockets. Install and check smoke detectors regularly. Keep hot water thermostat set at 120 degrees.
- Prevent accidental poisoning: keep cleaning products and medicines in locked cabinets out of your child's reach. Some outdoors and indoors plants can be poisonous. Keep **Poison Control Center number** handy: 1-800-222-1222
- Prevent drowning and fall injury: watch your child all the times when he/she is near water (pool, bath tub, toilet, pond, etc.). Keep safety gates on all stairways.
- **Store any guns** unloaded in a locked place, out reach from any child or teen.
- Keep **sharp objects** (pens, pencils, scissors, sticks, etc.) away from your toddler; never allow your child to walk or run holding them. Keep small objects that can be swallowed out of reach (coins, small toy parts, etc.)

- **Car seat:** Use it for every ride. Place it in the back seat, rear-facing. Never leave your child alone in the car.
- Always closely supervise play with all animals. Never leave your child unattended with an animal, even a family pet.
- Use sunscreen, (SPF 15), hat, pants and long-sleeved shirts when outdoors for sun protection.
- **Do not** expose your child to second-hand smoke.
- Limit the use of plastic for food storage or microwave heating. Plastics # 3, 6 and 7 are particularly toxic.

Healthy Habits and Positive Parenting:

- Wash your child’s teeth with a wet cloth, or brush twice a day with a toothbrush with a small dot of fluoride toothpaste.
- Put your child to bed at a regular time, at least no later than 8 pm. A **“bedtime routine”** should be started now and make a restful evening much easier for everyone. Nighttime bottle is not recommended at this age. If necessary, offer only water. If your child wakes up in the middle of the night, go in for reassurance and comfort, try not to give him/her a bottle to settle back to sleep.
- Read stories daily, play music, sing songs, talk and play matching games with your child; encourage him/her to play with other children, and enjoy the outdoors. Feed his/her curiosity by exploring new things and learning new words.
- **Children under age 2 should not watch any TV or videos**, as this may negatively affect early brain development. Do not leave the TV turned on all day as a “background” entertainment for the family.
- Discipline your child when appropriate, especially when it comes to maintaining safety. Say “no” firmly, and then physically move your child from the dangerous situation. Redirect child to another activity. Do not yell, spank, or shake your child.
- Occasionally, take a break from your toddler, if the child can be entrusted to a family member or babysitter: it takes a lot of patience to raise a child; you and your spouse need (and deserve) some time for yourselves once in a while. Don’t feel guilty.

Next regular check up: When your child is around 18-20 months of age.

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