

Welcome to Child Health Clinic

Today, the Public Health Nurse will offer to immunize, weigh and measure your child and answer your questions. If you have questions about you or your child, let us know below.



Do you have any questions about the following? (check any)

- Comforting my toddler during immunizations
 - Feeding my toddler
 - Tooth cleaning
 - Growth and development
 - Sleeping
 - Communicating with my toddler
 - Eyes/vision
 - Ears/hearing
 - Toddler's behaviour
 - Being physically active
 - Car seats
 - Safety
 - Parenting/caring for my toddler
 - Emotional health for parents
 - Relationships/support
 - Second hand smoke/vapour products and how it affects my toddler
 - Alcohol, cannabis, other substances and how they affect my toddler
 - Quitting alcohol, tobacco, vapour products, cannabis or other substances
 - Anything else?
- _____
- _____
- _____
- _____
- I have no questions**

Telephone Support

HealthlinkBC	8-1-1
Free health information and advice line from a registered nurse, registered dietitian, qualified exercise professional or a pharmacist. Available 24/7	
Alcohol and Drug Information Referral Service	1-800-663-1441
Available 24/7	
310Mental Health Support	310-6789
(no area code needed) Available 24/7	
Suicide Crisis Helpline	9-8-8
QuitNow	1-877-455-2233
Pacific Post Partum Support Society	1-855-255-7999
Monday – Friday, 10:00 am – 3:00 pm	
Text support:	604-255-7999
B.C. Poison Control Centre	1-800-567-8911

On-line Resources

- Toddler's First Steps**
<https://www.healthlinkbc.ca/pregnancy-parenting/toddlers-first-steps>
- Feelings First**
www.feelingsfirst.ca
- HealthLink BC**
<https://www.healthlinkbc.ca/pregnancy-parenting>
- Parachute Canada (Safety)**
<https://www.parachute.ca/en/injury-topics>
- Interior Health**
www.interiorhealth.ca/YourHealth/Pages/default.aspx
- First Nations Health Authority**
<https://www.fnha.ca/what-we-do/maternal-child-and-family-health>
- BC211**
Free information and referral regarding community, government and social services in BC.
<https://bc.211.ca/>



18 Months: Tips for My Healthy Growth and Development

Physical and Social / Emotional Development

- Help me get at least 3 hours of activity, including energetic play, throughout the day. More is better.
- I learn through playing. Give me safe and interesting activities and places to explore.
- I'm not ready for screen time before I'm 2 years old. My brain is still developing.
- Help me learn how to show my feelings in a healthy way. It is normal for me to sometimes feel a little frustrated while learning a new task. Talk to me calmly about emotions when I have a tantrum.

Safety

- I'm attracted to water and do not understand its danger. Never leave me alone in or near water.
- I can choke easily on food. I should not have nuts, whole grapes, hot dogs, popcorn, gum and hard candy until I'm at least 4 years old.
- I may like to climb but I do not understand the idea of height. Install window guards and stops and keep furniture away from windows. Attach heavy furniture such as bookcases to the wall.
- Sleeping in my crib or my own bed is safest for me. Keep my crib away from windows and blind cords.
- Keep me rear-facing as long as possible in a child car seat that is appropriate for my weight and height. Do not rush to move me to the next stage of car seat.

Behaviours

- Bedtime routines help me learn to go to sleep on my own.
- I need about 11 to 14 hours of sleep each day, including my naps. I may grow out of my morning nap.
- I play best by myself. I have not learned to share yet.



Vision, Hearing and Language

- I should have my vision checked by the time that I'm 3 years old.
- Hearing helps with my language development. My hearing can be tested at any age if you have concerns.
- Talk about what I'm doing and what I'm looking at. Share picture books with me – let me take a turn by saying a word or pointing to a picture.
- Sing simple songs with actions. Pause before a word in a familiar song, so that I can fill in the blank.
- Play pretend games with me, such as going to sleep, talking on the phone or drinking tea.

Feeding and Nutrition

- Continue to breastfeed me. It's recommended for up to 2 years or longer.
- If I'm no longer breastfeeding, offer me 2 cups (500 mL) whole fat cow's milk each day.
- I need 600 IU of vitamin D each day, from food and/or a liquid vitamin D supplement.
- Sit and eat with me. I learn language and social skills along with healthy eating habits by eating with you.
- Offer me a regular routine of 3 meals and 2-3 healthy snacks each day. Include a variety of protein and iron-rich foods, vegetables, fruit and whole grains.
- Let me feed myself. Let me decide what and how much to eat from the foods you offer me.
- I may need to see a new food many times before I will try it.

Healthy Smiles

- Brush my teeth 2 times per day with fluoride toothpaste (the size of a grain of rice) because cavities can start as soon as my teeth appear. Lift my lip to check my teeth when you brush them.
- Give me drinks in a regular open cup instead of a bottle or sip cup. Offer only water between meals and snacks. I do not need juice or other sweet drinks.

