

Health is a Journey!!

What to expect at 18 Months!!! Tips from Gene



Curious Gene-on Expedition

TSK has "invited" you on an Expedition!
A Social-Emotional Expedition.... And YOU are the Expedition Lackey! (You make the Expedition Happen!) Hold on to your hats!!

The Journey..... Is made of **Short Term Goals** that you choose or at least control somewhat. These will lead to **Long Term Goals**, like being **Independent**, to **Belong**, to develop **Skills**, and be **Giving** when your child grows up! How exciting is that? And it happens, almost before you know it, so watch those Short Term Goals, One Day at a Time!

NOW you have an **Explorer** on a very important **Mission: TSK is taking you on a Social-Emotional Expedition**, and you are the guide and Chief Lackey, to help TSK navigate the unknown and sometimes scary and upsetting terrain of **"Human Interactions"**!

Again the **Framework** or Support you provide, will allow TSK to attain **Independence** in playing well with others at home, later in school and even later at work. Here are some of the **Framework** supports you can provide:

Know TSK's Genetic Tendencies:

- 1) TSK will be **watching your EVERY move**— Be a Great Role Model 24-7!
- 2) TSK has a **built-in caring for others** if his needs are met and he isn't tired: Be sure you understand his needs and help him deal with his frustrations!
- 3) **Curiosity** is TSK's Genetic trigger to learn about the world! TSK doesn't know everything YOU know, so he needs YOU to guide him and let him **explore safely!** That's what this Expedition thing is all about! If you have the right attitude toward all this exploration, both you and TSK will grow together to new heights of maturity!

Teaching TSK Social Skills

- 1) **Don't reward "Pro-Social Behavior"**. Sounds opposite of what you would think.... But don't give TSK a reward for "playing nice", then he will only "play nice" when he thinks you are watching and will reward him! Just be sure to give hugs after good play sessions, without tying it to the behavior of good play.
- 2) **Show TSK how to act!** Media has been shown to be a bad teacher at this age. Don't let TSK see violence or even things showing hitting or yelling. TSK may copy these.
- 3) **Forming Social Habits.** Use **songs or chants or other verbal words** when teaching about how to act in the car or walking to the store. TSK will learn the words go with a set action, and you can use the words to trigger a "good behavior."
- 4) **Know the Stages of Play**, ask if questions.
- 5) **Approaching Others** can be scary for TSK; do this in small steps and as TSK is able to talk more prompt him to interact, like saying "Please", "Thank you", "Bye-Bye", "How are you?"

Have fun on your Expedition, and give that kid a hug, Gene..... And Dr. Greta

Keep in Mind...lest we forget (Kipling)

Developmental Milestones

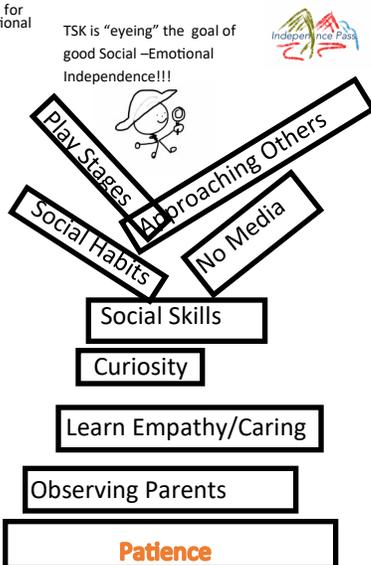
- Walks fast, may run, climbs into adult chairs, walks up stairs*
- Stacks 3-4 blocks*
- Turns single pages in a book*
- Pulls a toy, throws a ball*
- Says 4-10 words with specific meaning, imitates other words, names pictures*
- Follows one step commands, when the mood strikes!*
- Knows some body parts*
- Feeds self with spoon and drinks from cup*
- Holds and "loves" a doll/stuffed toy*
- Puckers lips to give a kiss*
- Uses some toys functionally (such as a telephone)*
- Manipulates toys/objects without being shown (dumping an object from a small box)*
- Will imitate a crayon-stroke on a paper*

Safety Issues- Review earlier sheets

- Your child should never be unattended
- You should know where the child is at all times, especially while awake
- Never leave your child alone in a car. R
- Recheck your stairs, window, and all other "climbable" surfaces
- Have the Poison Control Number posted at all phones: 800-222-1222

3rd Complicated Diagram for Framework -Social-Emotional Expeditions

Parents, This Framework is a TALL order, but hang in there; it is worth it, helping TSK on his Expedition. Your "Lackey Abilities" will be appreciated... some day!!!



One Day at a Time!!

Healthy Child Calendar

A Way to Stay "Up-to-Date" on TSK's Needs: Plan Ahead!

- And it all happens each Day as you make choices! Consider these! Add your own!
- Check the house often for safety issues— maybe Morn, Noon, Night!!**
 - Limit Media**
 - Laugh and have fun at least 10 times a day!!**
 - Immunizations should be current by now**
 - Prepare for Toddler Bed transitions**
 - Brush those teeth and DON'T Share Spit!**

Health is a Journey!! One Day at a Time!!



THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time!

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Exploring? Neither Columbus... Nor Dora the Explorer have anything on your TSK as an "Explorer Par Excellence" Enjoy the Expedition!

MORE INFO IN DEPTH.....

Frustration Factors- for Child, Parents, and Child Care Provider

Because all the child's abilities are faster, stronger, and ever more persistent, everyone notes more temper flares; the child, because he/she is realizing more things that are "wanted", but seemingly unobtainable, and the parents and Child Care Provider because they are having to watch the child more and more carefully (this is much more exhausting than that newborn period!)

Child Care Provider Issues- don't forget to touch base about almost everything, as your young one changes, right before your eyes! See the Child Care Provider Check List for a review.

Answers Through Understanding Development

Cognitive/Emotional- See earlier sheets. Two newly emerging states are noted. 1) The child is beginning to understand emotional empathy, or identifying with (or understanding) others. He/she especially will do this with other young children. For example, your child may be upset if a baby cries, or if a playmate falls and starts to cry. This is the age he/she starts learning about caring for others. This is a crucial time for this development. If a child is not treated with respect and care and concern at this age, he/she may not learn how to understand others, and thus may have problems with people throughout life. It is VERY important that when your child has needs (whether it is comforting when he/she is hurt, or that he/she gets enough food, sleep, and enough "Parent Time") that these be met to the best of your ability in a respectful manner. This doesn't mean that you will give in to his "Wants" (like all the toys at Wal-Mart!), but you need to make every effort to meet his "Needs". Encourage this interest and understanding of others with your play with dolls (hug, feed, talk to the doll, and cuddle the doll when it falls on the floor, etc). Temper tantrums and more overt behaviors are common now and may last until three years old! Your child is testing your consistency and your emotional response in these settings. Some children will have no control over these outbursts in the beginning, and to expect youngsters to have control, is unrealistic and will only make everyone tense. If parents don't realize that tantrums are normal behaviors, the parents may feel something is "wrong", or that harsher punishment is needed. Several practical things can be done. First, don't take the child out in public to restaurants or to quiet, long affairs like weddings or funerals, or anywhere you expect to accomplish anything (the grocery store, shopping), until he/she matures through this age (maybe until three!). Remember

that the attention span is less than two minutes, so your child will be continually looking for new things to do and learn; this means the hands and feet will be in constant motion, and the mouth will be emitting and exploring new sounds, tastes, or whatever is available! This is HUMAN NATURE! You will not change this until the attention span gets longer! Second, work on increasing the attention span. This needs to be planned daily, at a time when you and the child are at your best. This will include having several activities that keep your child's interest and allow him to be challenged. Toys can accomplish this, but also activities with you are needed; helping with daily chores (making them fun, and not being critical of the child's performance), making things for others, etc. Whatever you choose, be sure you have several choices, and don't expect the child to stay at it longer than one minute/year. You may need to come back to some of the projects several times to finish; this is good, as it helps the child understand and remember about organization and accomplishment of a task. The goal is for the child to learn to start, continue, and finally finish a task, by him/herself. This whole process may not be completely learned until age five, but NOW is the time to start teaching! When you notice the child doing something on his/her own, allow the child to focus, but every so often, give quick praise, like "I like the way you are working!", or a gentle pat on the leg or shoulder so the child knows you are pleased with this type of activity. Totally ignoring a child when quiet is the same as saying you don't approve of what is being done, and the child is apt to stop the activity!

Motor and Language Development - More of the same, with each becoming more complex by the day!

Stress Management-See the earlier sheets. The emotions are still out of control often, and will continue to be out of control until about three years of age. Helping a child understand the emotions of anger, fear and sadness starts at this age. Please see other handouts for more details. The secret here is to not let yourself be drawn into the child's emotional state, and thus, become out of control, yourself. When your child has an emotional response to something, and doesn't seem to know what to do about it, you may need to step in to help the child gain control, with either holding the child tightly, walking away, or use of Time-Out (although some eighteen mothers are too young to understand this concept) This process will probably need to be repeated many times each day. This whole process takes patience. As the child matures, it is important to offer options for the child to try when upset, besides the tantruming. Helping a child learn to look for options in all areas, especially with a

curiosity and excitement towards life, is one of the keys to life-long stress management

Body Functioning

Sleep-Patterns may change, with the child having nightmares (These are scary dreams that wake the child, and he/she wants comforting.) or night terrors (The child stands or sits with a glassy stare and screams, and will not be consoled, in fact, trying to hold the child may make it worse! We don't know what causes this, but it usually goes away on its own, and we think it is a developmental stage. Ask if you have questions).

Activities to Enhance Development

Read to your child regularly, and play games, sing songs, and encourage verbal interaction (if your child just wants to turn pages, that is fine, you can point out the "red truck", or the "happy boy", etc).

Good toys include those that can be taken apart and re-assembled, but not with small parts that could be swallowed. Drawers, cabinets, boxes are fun; maybe the child can have his/her own kitchen cabinet with pots and pans, just for his/her play! He can be "cooking" while you are fixing dinner!

"Helping" with household chores, like picking things up, may not be much "help" to begin with, but sets good examples for a future work ethic. Don't be critical if it doesn't get done "Just right".

Playing will be individualized, and sharing won't start until closer to three; don't expect it!

Tooth brushing may start now, but toothpaste isn't needed until the child can spit it out consistently (it isn't good to swallow toothpaste with fluoride). Use simple clothes the child can try to put on/take off.