

# Parenting

From Birth  
to Age 6

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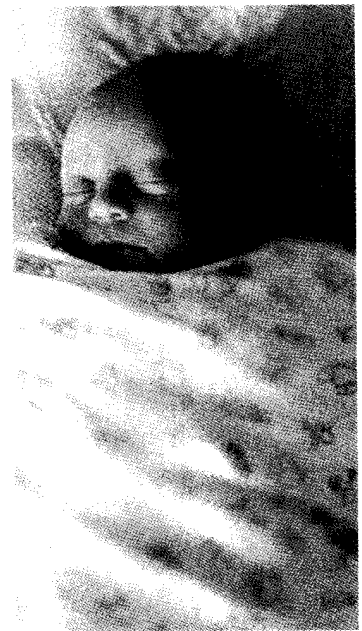
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## A New Life

Congratulations! You have a new baby in your home. Your life will never be the way it was before you had your baby. There will be many changes in your life. As time goes by you will get used to all of these changes. Some days will be good and some days will be more difficult but it will get easier.

This book is yours to keep and read as your baby grows. You will find helpful information about how to take care of your baby. You will also find spaces in this book where you can write about your baby and add special pictures. At the end of the book there are telephone numbers of people who can help you. There is also a list of good books to read.



## Help for Moms and Dads

Here are a few ideas to make your new life easier:

- Being a new mom or dad is hard work! Ask for help if you are tired, worried or sad. Ask a friend, family member or neighbour if they will help with your baby. Talk to these people about how you feel.
- Talk to other parents. You could get together with other moms and dads and their babies, you could join a playgroup or you could take a class about being a parent.





- There are no perfect moms or dads. Don't be too hard on yourself. When you make a mistake, learn from the mistake and go on.
- Take a little bit of time for yourself each day if you can. Read a book, take a bath, or go for a walk. Do something that makes you happy. If you feel good, you can give more to yourself and your family.



- Be proud of yourself. Each day, think of something good that you did.
  - Just like babies, parents need to eat healthy food, get enough sleep, exercise and have fun.
  - Be good to yourself. It is hard to do everything that you used to do now that you have a baby. Try to do only what you really need to do around the house. Make lots of time to cuddle and play with your baby.
- Say “no” to requests from others if you don't have the time.
  - Plan each day. This will make it easier to get things done.
  - Call a Public Health Nurse or an Ontario Early Years Centre and ask for help if you need it. Look at the back of this book for the telephone numbers.

## Feeling Sad After Your Baby is Born

It is normal to have all kinds of feelings after your baby is born. Your body has been through a lot of changes. You might be very tired because your baby is not sleeping at night. You might also be sad in the first two weeks. You may feel worried, or think you aren't doing a good job of taking care of your new baby. Don't worry – most new moms feel this way.



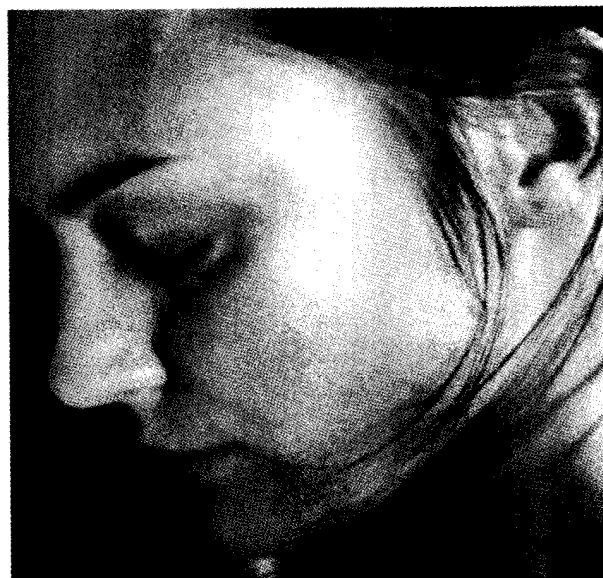
You may hear your doctor or friend call your sad feelings the “baby blues.” Many new moms (about 8 in 10) get the baby blues.

You need to take care of yourself. Try to sleep when your baby sleeps. Ask a friend, family member or neighbour that you trust to watch your baby while you have a nap. Try not to have too many visitors. You need to rest and eat healthy food. Your sad feelings should go away in a few weeks.

## When sad feelings don't go away you may have Postpartum Depression

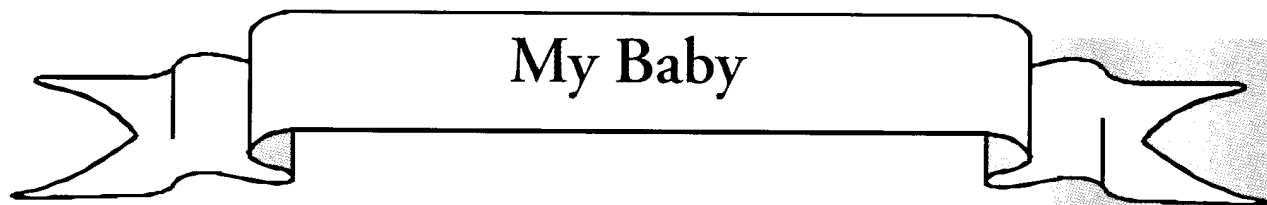
For some new moms these sad feelings do not go away. The sad feelings become worse. You may feel alone. You may worry a lot. When this happens it can be very hard to sleep. Some moms might have scary feelings during the day or at night. They might think about hurting their baby or themselves. If you feel like this, you might have postpartum depression. Call your doctor or the HOPE line. If your doctor cannot see you, go to the emergency room at the hospital.

**DO NOT WAIT.** You will feel better when you get help. Then you can take care of yourself and your family.



### VERY IMPORTANT

Do you think about hurting yourself or about hurting your baby? Call your doctor or (519) 672-4673 (HOPE) **NOW**. If your doctor cannot see you, go to the emergency room at the hospital. People at the hospital will help you. Then you and your baby will be safe.



Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Time: \_\_\_\_\_

Length: \_\_\_\_\_ Weight: \_\_\_\_\_



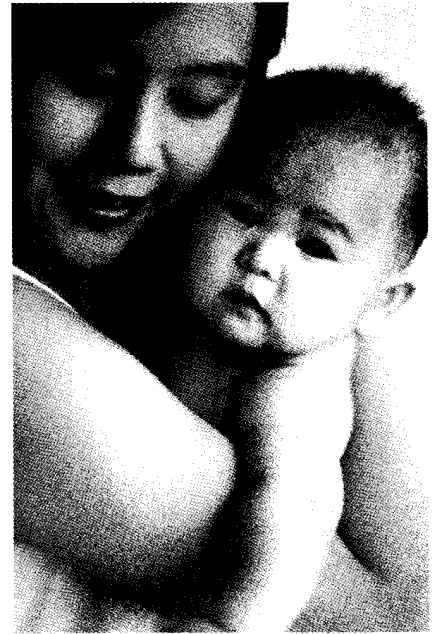
## CHAPTER 2 Your Newborn - Birth to 12 Months

### Getting to Know Your Baby

Babies need your love. Your baby will feel safe and happy when you spend time with him. You will not spoil your baby by holding him too much. Give lots of hugs and kisses.

Here are a few ways to get to know your baby:

- Let your baby decide when to eat, sleep or play. You will soon learn what he needs.
- Babies like to be held and touched. This is how he learns to love and trust you.
- Spend lots of time with your baby. Smile, laugh, sing, talk and play with him often, even when your child is very young.



### Learning and Growing

Your baby will change a lot in the first year. Healthy babies grow and get stronger each day. Babies like to try new things like rolling, sitting, crawling and walking. Babies learn and grow in different ways.

Your doctor will watch how your baby grows, gains weight and learns new things. If you have any questions about how your baby is growing, ask your doctor or your Public Health Nurse.



Here are some changes you can expect as your baby grows over the next year:

## Birth-2 Months

- Sees objects clearly when they are 8 to 10 inches away
- Lifts head a little when on tummy
- Expects that you will comfort him when he is crying
- Learns to trust you
- Knows parents' voice better than strangers' voice
- Turns head towards sound
- Follows a moving object with eyes



### Ideas for playtime:

- Hold and rock your baby
- Sing to your baby
- Listen to soft music together
- Give your baby safe toys to suck on



### Ideas for playtime:

- Talk to your baby
- Give your baby musical toys and rattles to play with
- Hang a mobile above your baby's crib or cradle
- Let your baby see and touch colourful toys of different sizes and shapes

## 3-4 Months

- Holds head up when he is supported in a sitting position
- May start to roll over
- Reaches for toys
- Holds toys in hand
- Knows who his parents are
- Smiles at people he knows
- Learns he can make people react by smiling or crying
- Looks at objects
- Coos, squeals, gurgles and laughs
- May start to get first teeth

## 5-6 Months

- Sits with some help
- Rolls from tummy to back
- Uses hands to reach, grab, and bang
- Makes new sounds like “ba-ba-ba” and tries to talk with you
- Copies the sounds that you make
- Begins to understand words like “mommy”



### **Ideas for playtime:**

- Give your baby things to shake, feel and bang
- Play peek-a-boo
- Encourage your baby to roll over



### **Ideas for playtime:**

- Let your baby safely explore your home
- Give your baby toys that stack (like blocks), and toys he can bang together
- Say nursery rhymes to your baby
- Gently roll a ball to your baby
- Give your baby toys that fit inside each other (containers, cups)

## 7-9 Months

- Sits without your help
- Starts to crawl and rolls around the room
- Moves toys from hand-to-hand
- Is afraid of new people and cries when away from you
- Responds to his or her name
- Understands some of the things you say like “Where is your truck?” or “Wave bye-bye.”
- Makes many sounds
- Can feed himself some foods like rice and soft cooked vegetable pieces
- Looks for his favourite toys
- May try standing when being helped

## 10-12 Months

- Weighs three times more than at birth by 12 months
- Starts to walk by holding onto furniture
- Stands without your help
- May take first steps, but falls a lot
- May start to climb on furniture and tables
- Begins to explore and will go away from you to play for a short while
- Understands "no"
- Starts to remember things that have happened
- Follows simple orders like "come here"
- May say a few simple words
- Copies sounds that you make
- Points at things and waves "bye-bye"
- Understands many more words than he or she can say

### Ideas for playtime:

- Let your baby explore and play in a big room, or outside while you are watching
- Read to your baby and show him the pictures
- Give your baby some pots and lids to bang
- Let your baby play with water
- Play peek-a-boo



## Why is the Baby Crying?

Most babies cry a lot. Crying is normal. Babies cry because they cannot tell you what they need with words. Here are a few reasons why babies cry:

**Babies cry when they are hungry.** Breastfed babies are hungry every 2-3 hours. Formula-fed babies are hungry every 3-4 hours.

**Babies cry when they need sleep.** Put your baby to bed. If the crying does not stop, try rocking her to sleep. Rub her back and sing songs.

**Babies cry when their stomachs hurt because of gas.** Hold your baby against your body. Gently pat and rub your baby's back. This might help your baby burp.

**Babies cry when they are too hot or too cold.** Dress your baby the same way that you are dressed – and then add one more layer of clothing. Your baby can wear an undershirt under her clothing in cold weather.

**Babies cry when something is bothering them.** Check to see if their diaper needs to be changed.

**Babies cry when they are bored.** New babies can see and hear. They need interesting things to look at and listen to. Talk to your baby and play music for your baby. Babies love bright colours and faces.

**Babies cry when there is lots of noise or things going on around them.** Help your baby to relax by walking him around in a dark room. Cuddle your baby and talk to your baby quietly. Sometimes it takes awhile to get your baby to calm down.



Most babies cry less if you go to them as soon as they start crying. You may need to try many things to help your baby stop crying. Walk with your baby, rock her or put her in a stroller and go for a walk outside, or for a ride in the car.

It is hard to listen to your baby cry. It is harder when you are tired and your baby cries a lot. You might feel angry, worried or helpless when your baby cries. Ask a friend, family member or neighbour you trust to help with your baby for a few hours. This will get you away from the crying. Talk to your baby's doctor or a Public Health Nurse if you cannot get your baby to stop crying.

Try not to worry. Babies cry less as they get older.

## NEVER SHAKE YOUR BABY!

Shaking hurts your baby's brain.

It can cause a serious injury or death. **ASK A FAMILY MEMBER OR FRIEND TO HELP YOU RIGHT AWAY IF YOU FEEL LIKE SHAKING YOUR BABY.**

Put your baby down in a safe place such as his crib, then find someone to help you.



## Hints About Sleeping

All parents want more sleep. Some babies sleep very well. Other babies wake up a lot at night. Every baby is different.

Here are some facts about sleeping:

- Generally, by 3-4 months, most babies sleep for longer periods at night.
- Many babies wake up at night. Babies wake up less during the night, as they get older.
- Put your baby to sleep on his back – this is the safest position. As they get older and roll around, you do not need to keep putting baby on his back.
- Put your baby on a firm flat surface, never a waterbed.
- Never have soft pillows, blankets or toys in baby's bed.
- Never use bumper pads in baby's bed.
- Never smoke near your baby.
- Do the same things with your baby each night before bed. You can read, sing, give her a bath, rock and cuddle with her before bed. Your baby might like a soft blanket or safe toy to take to bed each night. Make bedtime a special time for your baby.
- Talk to your doctor, Public Health Nurse or Ontario Early Years Centre to learn more about sleeping.



## Feeding Your Baby

### Breast Milk:

Breast milk is the very best food for your baby. Breast milk gives your baby everything she needs for the first 6 months of her life. Babies who are breastfed do not have as many ear infections, are at less risk of Sudden Infant Death Syndrome (SIDS).

Be sure to talk to your doctor about giving your baby Vitamin D while you are breastfeeding.

*To learn more about how to breastfeed your baby, call the Middlesex-London Health Unit at (519) 850-2280.*

### Benefits of Breastfeeding

Babies who are breastfed have

- fewer ear infections
- are at less risk of Sudden Infant Death Syndrome (SIDS)

### Formula:

Your baby needs infant formula if you do not breast feed. Buy formula that has the most iron in it. Follow all of the directions that are on the can. If you do not make the formula the right way, your baby may become sick.



Boil the water and all the equipment that you use to make the formula until your baby is 4 months old. If you are on well water call the Health Unit to find out how to have your water tested at (519) 663-5317, ext. 2300.

To warm a bottle place the bottle in a pot of warm water or hold it under running hot water. Once it is heated, shake the bottle and put a few drops of milk on your wrist. Make sure it is not too hot for your baby.

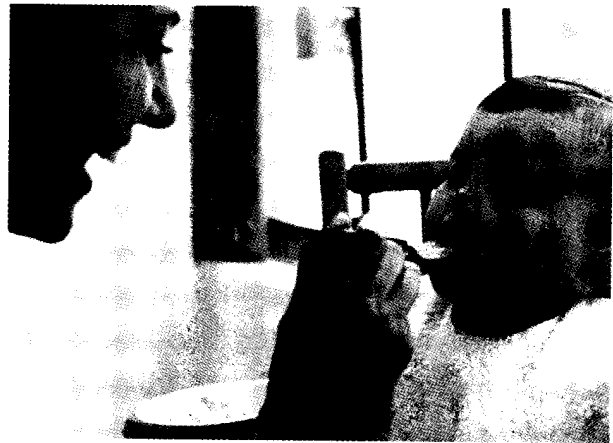
Remember: Your baby needs breast milk or formula until 9-12 months of age. At 9-12 months you can slowly start giving your baby homo milk. Babies need homo milk until they are 2 years old. One percent (1%) milk and 2% milk do not have enough fat to keep your baby growing well.

## Starting Solid Foods

Breast milk or formula is all your baby needs for the first 6 months. Babies younger than 6 months don't need solid foods such as cereal, vegetables, fruit or meat. Your baby's body is too young to handle solid foods. Wait until your baby can sit up and can hold her head up before starting solid foods. Remember that every baby grows and develops differently.

The Middlesex-London Health Unit has produced a **Baby Food Basics DVD** and **Feeding Your Baby** booklet which provide practical information on how to introduce solid foods to your baby and how to prepare baby food at home.

To order a copy of the **Baby Food Basics DVD**, you must complete and mail an order form and enclose a cheque for \$5.00 payable to the Middlesex-London Health Unit. You can get an order form by visiting our website at [www.healthunit.com](http://www.healthunit.com) and from Well Baby/Breastfeeding Clinics, as well as inside the 2007 Feeding Your Baby Booklet.










*Call the Middlesex-London Health Unit at (519) 850-2280 to learn more about feeding your baby.*

### Tips for Feeding your Baby:

- Watch carefully while your baby eats.
- Sit your baby in a highchair or booster seat for meals.
- Never put cereal in your baby's bottle. This is dangerous. Your baby could choke.
- Start new foods one at a time. Wait 3 to 5 days before trying another type of food.
- When you start a new food, just give a little bit at first (1 teaspoon), and then slowly offer more.
- Your baby might turn her head away or close her mouth if she is full. Don't make your baby eat.
- Your baby's first foods will look like a thick sauce (pureed). As your baby grows, try food with larger pieces. This teaches your baby to chew – even if your baby doesn't have any teeth!



Age	What to Feed your Baby
Birth – 6 months	Breast Milk or Infant Formula
6 months 	<b>Add: Infant cereal, puréed meat and alternatives</b> Iron is important for all babies. Infant cereal and meat and alternatives have iron in them. At 6 months, introduce foods with iron like infant cereal or meats and alternatives. If you start with infant cereal, try rice cereal first, then barley and oat cereal. You can also try puréed (runny) beef, chicken, fish, cooked egg yolk, puréed dried beans and peas, and tofu.
About 6 months 	<b>Add: Vegetables</b> Try mild tasting pureed (runny) vegetables such as squash, peas, green beans or sweet potatoes.
About 7 months 	<b>Add: Fruits</b> Try pureed fruits like apples, bananas, peaches, apricots or pears. (Pureed - food looks like a thick sauce)
About 8 months 	<b>Add: Dairy (Milk) Products</b> Try cottage cheese, yogurt (no honey), and grated cheese or small pieces of cheese. Don't buy low fat milk products. Babies need fat to be healthy.
About 8 months 	<b>Add: Meats &amp; Alternatives (if not added at 6 months)</b> Try cooked chicken, turkey, beef, veal; cooked egg yolks; mashed cooked beans, split peas, lentils
About 8-12 months 	<b>Add: Finger Foods</b> Your baby might like to try to feed him or herself now. Try small pieces of toast without anything on it, shredded cheese, soft pieces of fruit, and soft pieces of cooked vegetables.
About 9-12 months 	<b>Add: Homogenized Cow's Milk (Homo Milk)</b> Slowly give your baby homo milk to drink.

**VERY IMPORTANT**

Wait until your baby is 1 year old before feeding egg whites, and honey.

Wait until your baby is 2 years old before starting peanut butter.

## Taking Care of Your Baby's Mouth

It's important to take care of your baby's gums and new teeth. To keep your baby's gums and first teeth healthy, wipe gums gently with a clean cloth two times a day. When your baby has at least four teeth you can use a very soft toothbrush. Do not use any toothpaste until your child is 3 years old.

### **NO BOTTLES IN BED**

Do not put your baby to bed with a bottle. Remember to hold your baby when giving a bottle and have them finish their bottle before you put them to bed.



## Keeping Your Baby Healthy & Safe

Keep your baby healthy and safe. Start by taking your baby to the doctor for check-ups. Ask the doctor any questions you have about your baby's health. You can also go to Well Baby & Child Clinics to learn about baby health and safety. You will meet other new parents at these clinics. For more information about where and when the Well Baby & Child Clinics are held, call (519) 663-5317, Ext. 1122.



## When to Call The Doctor:

You should call the doctor if your baby:

- Feels hot. Your baby could have a fever. Take your baby's temperature under the arm. Call the doctor if the temperature is above 37.5 C or 99.6 F
- Is vomiting (throwing up)
- If your baby has blood, pus or mucus in his poop (bowel movements) or if you are concerned about your baby's bowel movements
- Has red, puffy or runny eyes
- Has a hard time breathing or if his breathing is noisy
- Has a cough
- Has a rash on his face or body

## Immunizations

Immunizations are needles (shots) that help your baby to stay healthy by fighting off



diseases. The shots are safe to use and stop many diseases. Sometimes babies get pain, swelling or redness where the shot was given. Your baby may also have a fever or be fussy for a day or two after the shot. Your doctor may tell you to give your baby acetaminophen

(Tylenol) for the pain and the fever. **DO NOT GIVE YOUR BABY ASPIRIN** (acetylsalicylic acid, ASA). Give lots of extra love and care as some babies may cry when they get their shots.

## Important Phone Numbers

### Phone numbers to call if you do not have a doctor:

- The Middlesex-London Health Unit  
(519) 850-2280

Monday to Friday 8:30 a.m. to 4:30 p.m.

- The Infantline  
(519) 675-8444

Monday-Friday 4:30 p.m. - 10:00 p.m.

Weekends & Holidays 10:00 a.m. - 8:00 p.m.

- Telehealth Ontario  
1-866-797-0000

24 hours a day, 7 days a week

- Go to a nearby Walk-In Clinic or the Emergency Department at the Children's Hospital of Western Ontario at 800 Commissioners Road in London.



## Child Car Seat Safety

When you or your child's caregiver have your child in a car, van or truck they must be in a car seat. You need to install and use the child car seat the right way so that your baby is safe if you or others are in a crash. Here are some things you should know about child car seats:

1. Your child car seat should have a sticker on it that says it meets Canadian Safety Standards.
2. Child car seats come with an instruction book. Read this book carefully. If you find the book hard to read, have someone help you. The book will tell you how to put the car seat into your vehicle and how to use it the right way. Keep this book with the car seat.
3. Child car seats come with a warranty card. Send this card to the company after you buy it. If something is wrong with the car seat, the company will contact you and let you know.
4. Read the owner's book for your vehicle. It will tell you what kind of seatbelts you have.
5. Babies who are under 1 year and weigh less than 10 kg (22lbs) must use the child car seat facing the back window (rear-facing position). You can use an infant car seat or an infant-toddler car seat.
6. After 1 year of age, and when your baby is at least 10 kg (22 lbs), you can begin using



a child car seat that faces the front of the vehicle (forward facing position). Read the child car seat instruction book to learn the right way to put this car seat into the car. A tether strap and a seat belt are used to hold the car seat in the vehicle. Children should use this car seat until they weigh at least 18kg (40 lbs). Children are usually between the ages of 3 and 5 when they reach this weight. Read the instruction book to learn the height limit for your child car seat.

### For more information about car seats call

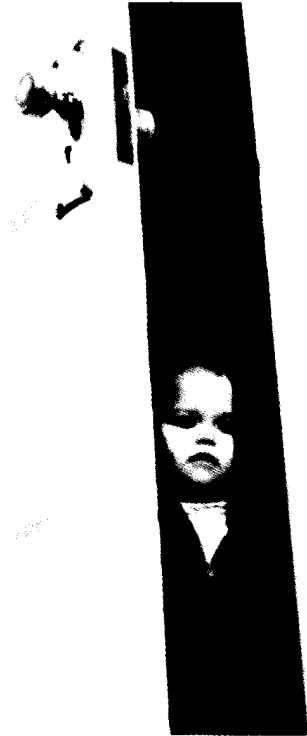
- **Middlesex-London Health Unit**  
(519) 850-2280 or  
[www.healthunit.com](http://www.healthunit.com)
- **Car Seat Safety Information Line**  
(519) 663-5317 Ext. 3009
- **Transport Canada**  
1-800-333-0371 or  
[www.tc.gc.ca](http://www.tc.gc.ca)
- **Buckle Up Baby Community Group**  
[www.buckleupbaby.ca](http://www.buckleupbaby.ca)
- **Infant and Toddler Safety Association**  
1-888-570-0181

## Keeping Your Home Safe

You need to keep your baby safe. Look around your home for things that could hurt your baby. Babies move very fast. They touch things that are not safe and put little objects in their mouths.

Use this list to help make your home safe for your baby:

- When your child is awake, always watch them. Never leave them alone.
- Put child locks on cupboards and drawers so that your baby cannot open them.
- Install smoke detectors on each level of your house. Change the batteries in the spring and fall.
- Use safety gates at the top and bottom of all stairs.
- Keep a list of emergency numbers by the telephone.
- Lock up cleaning products, matches and plastic bags.
- Keep hot drinks and hot food away from your baby.
- Keep a fire extinguisher in the kitchen.
- Use a mat in the bottom of the tub so that your baby won't slip.
- Never leave your baby alone in the bathtub.
- Lock up all medicine and beauty products.
- Always test bath water to make sure it's not too hot.
- If there are cords or strings on your blinds or drapes, tie them up away from your baby's reach.
- Use gates to keep your baby away from fireplaces and heaters.
- Put locks on all windows.
- Make sure that your baby's crib was made AFTER 1986. Cribs made before 1986 are not safe.
- Do not use bumper pads in cribs. They are not safe.
- Put safety covers on electric outlets you are not using.







## Safety Outside Your Home

What about safety outside your home? It is very important to protect infants' skin from the strong rays of the sun. Keep your baby out of direct sunlight, and be careful of the reflection from concrete, sand and snow. Your baby should wear loose fitting long sleeved clothing and pants, and a wide-brimmed hat to protect his other face, ears and neck from the sun. Sunscreen cream or lotion can be used for babies older than 6 months, but it is important to do a patch test on their skin first to check for any sensitivity or allergy to the product.

Take extra care when spending time outside between dusk and dawn, when mosquitoes are most active. Stay away from areas that have a lot of mosquitoes. If you are outside and there are mosquitoes, put a bug net over the stroller or playpen, and choose light coloured clothing, pants, long sleeved shirts and socks to help keep the bugs away. Consider using a bug repellent (bug spray) with DEET in it. For children 6 months to 12 years buy bug spray that has no more than 10% DEET in it. Make sure to read the label to find out how much DEET your bug spray has in it, and remember to use it as directed on the bottle. You don't have to use very much of the bug spray for it to work.



Do not put the bug spray on your child's face or hands. First put the bug spray on your own hands, and then rub your hands lightly on your child's skin. If you are using sunscreen and a bug spray, then you must put the sunscreen lotion or cream on first, wait 20-30 minutes, and then put on the bug spray.

*For more information about DEET, call (519) 663-5317, Ext. 2300.*



First smile: \_\_\_\_\_

First tooth: \_\_\_\_\_

First time sitting up alone: \_\_\_\_\_

First time crawling: \_\_\_\_\_

First step: \_\_\_\_\_



## Learning and Growing

Your child has changed so much over the past year. Now she can roll over, sit up, crawl and stand. Every day, there are new things to learn. One and 2-year-olds (toddlers) are very active. They like to follow you around the house. They always want to see what you are doing.

Remember that your toddler still needs a lot of sleep. Plan for quiet time and a nap each day. Find time each day to play and laugh with your toddler. Give lots of hugs and kisses.

Here are some of the special things your toddler will learn to do over the next two years:

### By 12 to 15 months your child:

- Begins to walk holding on to furniture or walks alone
- Crawls up the stairs
- May try to climb out of highchair
- Reaches to be picked up
- Tries to make animal sounds like “meow” or “woof”
- Begins to feed herself when eating
- Holds a cup with help
- Starts to know some parts of their body
- Says “Mama” or “Dada” and some other words

*Children at this age like it when you read to them and sing songs. They also like playing with blocks and other toys that can be stacked up, or containers that open and close.*



## By 15 to 18 months your child:

- Walks alone
- Runs but falls a lot
- Walks up stairs with help
- May scream or cry (temper tantrum) when he cannot explain what he wants
- Starts looking around the house for new things to do
- Can say 10 to 20 words
- Will bend down to pick up a toy
- Starts to throw or kick a ball
- Learns to use crayons

*Children at this age like kicking big balls. They like toys that they can ride on or push. They also enjoy singing their favourite songs. Take them to the park to play in the sand or go for a ride on the toddler swings.*



## By 24 months your child:

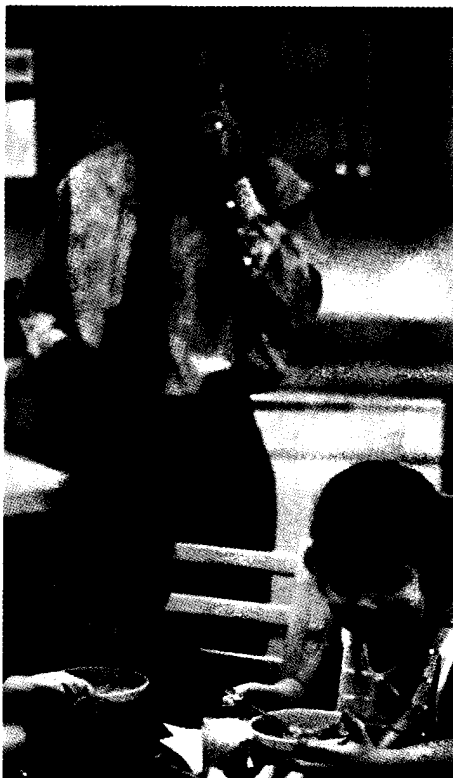
- Uses at least 50 words
- Uses two words together like “me go” or “more cookie”
- Can answer “yes” or “no” to questions
- Helps when getting dressed
- Uses a spoon
- Brushes teeth with help
- Throws a ball
- Tries to jump

*Children at this age like to do easy puzzles, paint, make shapes and use special children's dough. They also like to sort objects by colour and shape. At bathtime they have fun playing with cups, or toys that they can fill with water.*

## By 24-36 months (2-3 years) your child:

- Dresses and undresses with a little help
- Runs and jumps
- Starts to use a tricycle (bicycle for toddlers that has three wheels)
- Asks simple questions like, "What's that?"
- Can put together a sentence with three words like "I want milk."
- Knows more than 900 words
- Plays "dress up" and "house"
- Plays with other children and starts to share

Children at this age like to explore. They enjoy collecting leaves and rocks and other things. They also like to paint and colour with crayons.



## Feeding Your Toddler

Your toddler needs healthy foods to grow strong and be active. Mealtimes (breakfast, lunch, and dinner) should be happy for the whole family. Try to eat your meals about the same time each day. Sit down at the table together and talk about your day and enjoy your meal. Eat all kinds of healthy foods. When your toddler sees you eating different foods, he will learn from you and will learn to like many foods as well.

### Here are some tips on feeding your toddler:

- Offer your toddler a variety of healthy foods from the four food groups. Call the Health Unit and ask for a copy of Canada's Food Guide to Healthy Eating for Toddlers. This booklet has many ideas about new foods to try.
- Each meal should include food from at least 3 of the 4 food groups.

- Don't put too much food on your toddler's plate.
- Give a small amount of food from each food group.
- If your child asks for more give them a second serving.
- Young children have small tummies. Offer three meals, and 2 - 3 small snacks every day. Try healthy foods such as fruits, vegetables, cheese, crackers, yogurt or muffins. If your child is allowed to eat all day she will not be hungry when she sits down for lunch or dinner.
- Some toddlers are "picky" eaters. They do not like all the foods that you give them. It can take as many as 10 tries or more before a child will even try or eat a new food.
- Remember, try to eat meals with your toddler and set a good example by eating different healthy foods each day.
- Try not to fight with your toddler about eating. You cannot force your child to eat. It is your job to serve healthy foods and the toddler's job to eat them. Let your child decide if they want to eat and how much they would like to eat. Keep your mealtimes happy and stress-free.
- Some days your toddler will eat a lot. Some days your toddler won't eat very much at all. Try not to worry. If your toddler is growing and has lots of energy then she is probably getting enough to eat.
- Go to the grocery store and teach your child about healthy foods. Start a backyard garden and grow different kinds of fruits and vegetables.



## TOO MUCH JUICE

Children LOVE juice. Too much juice will fill up your child's tummy so there is no room for other healthy foods. Too much juice can also cause cavities and diarrhea. Children between ages 1 and 6 should only drink 4-6 ounces of juice each day.



As your toddler grows, her nutritional needs will change. She will like some foods one day but maybe not the next day. She will also eat different amounts of food each day. Give your toddler foods from the 4 food groups at meals and snacks. This will help your child to become a good eater.

## Keeping Your Child Safe

### In Your House

Your toddler's safety depends on you. Toddlers grow quickly and are always moving around. To make your home safe, begin by getting down on your hands and knees so you can see the unsafe things that your toddler sees. Check each room of your home to make sure it is safe. Make any changes that you need to.

### To get started:

- Use safety covers on unused electrical outlets.
- Put gates at the top and bottom of the stairs.
- Turn down the temperature on your hot water heater to between 49 C (120 F) and 54 C (129 F) to avoid burns.
- Keep a list of important phone numbers beside the phone (i.e. police, fire, poison control, doctor).
- Make sure there are smoke detectors that work on each floor of your home. Change the batteries in the spring and fall.



### In the kitchen:

- Use the back burners on the stove. Turn the pot handles toward the back, so that your toddler cannot grab a handle, spill hot food and get burned.
- Keep chairs and stools away from the kitchen counter and the stove. Your toddler can climb and may touch something hot or sharp.
- Lock up cleaning supplies (like bleach, window cleaner, drain cleaner) matches, lighters and plastic bags.



### Outside your home:

- Always use an approved car seat when traveling in the car. Make sure it is in the car the right way.
- Before you start the car make sure that everyone is wearing a seatbelt.
- If you have a pool near your home never leave your child alone. Pools should have a fence around them and a lock on the gate.
- Test playground equipment to make sure it is safe.
- Children must always wear approved bike helmets when on a tricycle or bicycle.



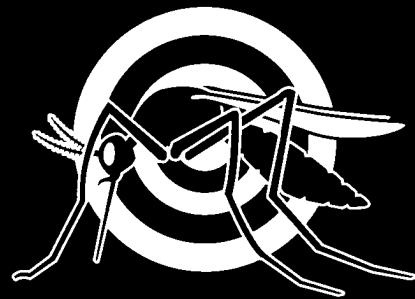
### When outside in the sun:

- Your toddler should wear long sleeved shirts, pants, a hat with a wide brim to cover his or her head, ears and neck, and sunglasses.
- Buy sunscreen lotion or cream that is labelled SPF 15 or higher. You can buy this at drug stores and grocery stores.

### In the bathroom:

- Test the bath water before putting your toddler in. **Never leave your child alone in the bath tub.**
- Keep medicine locked up in a place that your child can't reach.
- When your bathroom door is locked make sure that you can open it from the outside, in case your child gets locked inside the bathroom.

## MOSQUITO BITES



### MOSQUITO BITES can make your child sick. You should:

- Stay away from places where there are a lot of mosquitoes.
- Dress your child in socks, long pants, and tops with long sleeves in light colours to help keep mosquitoes away.
- Use an insect repellent (spray or cream that keeps bugs away) with DEET (chemical that keeps bugs away) in it. Follow the directions before you use it. Do not use insect repellent more than once per day for children under 2 years old.



- Put lots of sunscreen lotion or cream on your child 20 - 30 minutes BEFORE going outside. Remember to put more sunscreen on your child in 1 - 2 hours if you are still outside.
- There are special sunscreens you can buy if your child is going swimming. These stay on better in the water. If you or your child uses a towel to dry the skin, you will have to put on more sunscreen to replace what the towel took off.
- Don't forget to put a lip cream (lip balm) with SPF 15+ on your child's lips.
- Try to plan your outdoor activities before 11 AM and after 4 PM. This way you avoid the time of day when the sun is the strongest, and there is more chance that skin may burn (sunburn).
- Your child can get a sunburn when it is cloudy. Try to find shade for them to play safely, choose loose fitting clothing that covers their body, hats and sunglasses and always use sunscreen even if it is cloudy.



## Discipline and Teaching

Discipline is about teaching your child what is right and what is wrong. Discipline helps to keep your child safe and it also helps your child get along with other children. Sometimes it can be really hard to teach your children how to behave.

Toddlers can be very hard to get along with sometimes. They are still too little to understand everything you say. They say "no" a lot and they don't like to share. When they are angry they may cry, bite or hit. This is what most people call a temper tantrum.

If your toddler is doing something you don't want them to do, pick them up and give them something else to do. You can sing to them, dance with them or give them another toy to play with. If you get angry with your child, tell him that you are sorry. Also, tell him that you love him, but you do not like what he is doing.



Here are a few things moms and dads can do to teach toddlers how to be good:

- Make it easy for your child to be good. For example give them a choice, “Would you like orange juice or apple juice?” instead of “What kind of juice would you like to drink?”
- Try using the words “when” and “then”. Some people call this the “**When-Then**” rule. For example, you would say “**When** you put your toys in the box, **then** we can go outside.”
- If your child has a temper tantrum, don’t panic. Try to stay calm. Stay close to your child but do not give her too much attention. Tantrums only last a few minutes.



Even a 1-year-old needs to know there are things they can and cannot do. You need to teach your child that she may get hurt or not like what happens when she doesn’t listen to you. For example, you might say “Toys are for playing with, not for throwing. If you keep throwing them I’ll have to take them away.” If your toddler throws her toys, take them away. Do this every time she throws the toys. This way she will learn what happens if she doesn’t listen to you and she will know what she can and cannot do.

## Why You Should Never Hit or Spank Your Child

No matter how angry you are, you should never hit or spank your child. Spanking doesn't work. It teaches your toddler that it is okay to hit other people. It also teaches your child to be afraid of you.



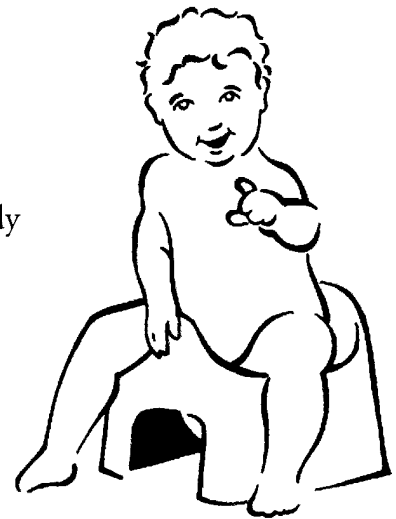
**If you are getting angry and are going to hit your toddler — STOP!**

Here's what you need to do:

- Calm down. Get control of yourself and your feelings. Try taking deep breaths and count to 10. When you are calm, you will do a better job dealing with your child.
- Have your child sit down close to you.
- Talk to her. Tell her and show her what you want her to do.

## Toilet (Potty) Training

Toilet training means that your toddler is growing up and they are ready to try to use the toilet. If your toddler doesn't go pee (urinate) or poop (bowel movement) for 2 or more hours and does not like wet or dirty diapers, you might want to start toilet training. Toilet training usually starts around 2 years of age.



### Toilet Training Tips:

- Your child can use a “potty” or a special seat that goes on top of the big toilet.
- Teach your child words for what they are doing such as “pee” and “poop”.
- Some children learn to pee and poop at the same time. Other children learn to do one first, and then the other.

- If it is okay with you, let your child watch you use the toilet.
- Show your child how many pieces of toilet paper are okay to use.
- Show him how to wipe his bum. You might need to help with wiping for a while.
- Show him how to flush the toilet and wash his hands with soap. Put a stool in the bathroom so that he can reach the sink.
- Many children stay dry all day but still need to wear a diaper to bed at night.
- Always praise your child for going pee in the toilet or potty.
- Don't get mad. Don't punish your child when they don't make it to the toilet on time and pee or poop in their clothes.

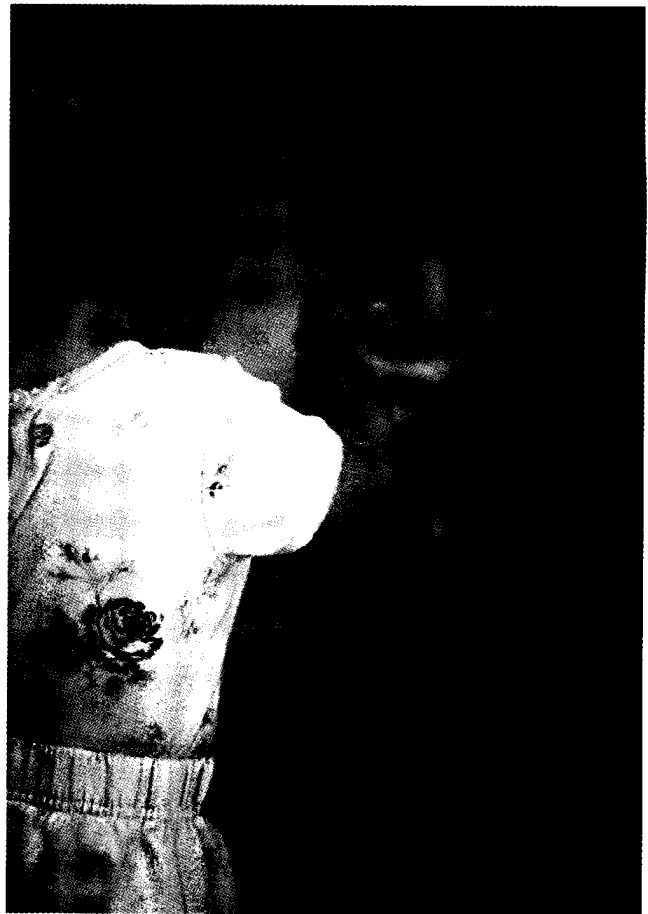
Teaching your toddler how to go pee or poop in a toilet may take many weeks. All children will pee in their pants while learning to use the toilet. You may feel frustrated. Talk with other parents or visit the library for books on how to teach your child to go pee in the toilet.

## Finding Childcare

Do you need someone to care for your child while you go to work? You can have someone come to your home and care for your child. You can also take your child to a private home or a centre where they take care of children (childcare centre). It can be hard to choose the right person to care for your child.

**Here are some questions to ask yourself when you are looking for childcare:**

- Do I need part-time or full-time childcare?
- How much money do I have to pay for childcare?



- Do I have a friend or family member who I would trust to look after my child?
- Is the place where I will leave my child clean and safe? Can my child play outside and inside?
- Will anyone be smoking around my child?
- Will there be fun things for my child to do, and safe toys to play with?
- Will my child be given healthy meals and snacks every day?
- How many children does each adult look after?
- Will they take care of my child the way that I do?
- Do they know what to do when a child gets hurt or is sick?
- Has this caregiver gone to college to learn how to take care of children?

## TIPS ON FINDING GOOD CHILDCARE

- Ask the caregiver if you can talk to other parents who leave their children with them.
- Visit the home or centre to see if it is a healthy and safe place for your child.
- Look to see if the space where children play outside is used every day.
- Find out what it means when a home or a childcare centre is “licensed” or “unlicensed.”



## My Toddler's Favourites

Favourite Food: \_\_\_\_\_

Favourite Toy: \_\_\_\_\_

Favourite Word(s): \_\_\_\_\_

Favourite Book: \_\_\_\_\_

Favourite Song: \_\_\_\_\_



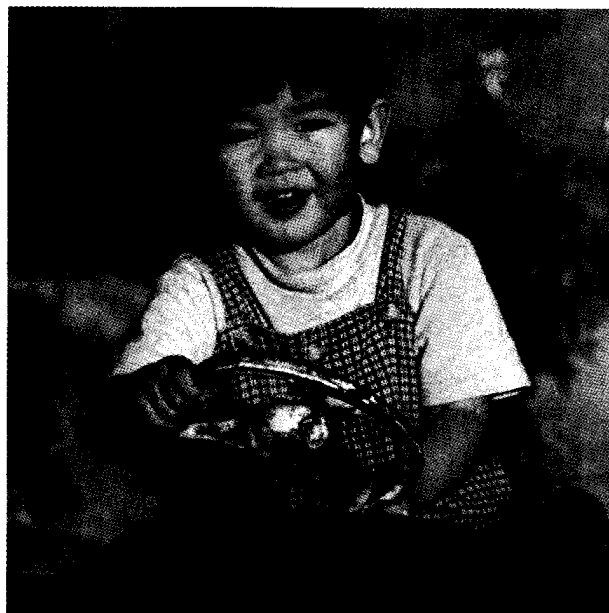
## Learning & Growing

Three-year-olds and four-year-olds (preschoolers) learn new things every day. They like to play with other children and are beginning to learn to share and take turns. They notice how others are feeling, and try to help a friend or sibling that is sad or upset. Preschoolers may be happy one minute and upset and crying the next. Teach them about their feelings. Say to them, "You are a happy boy today," or "You don't seem very happy today."

Even three and four-year-olds can become upset or afraid in new situations or if they are away from mom or dad. Help them to feel comfortable by talking about new experiences before they happen. Tell them what to expect. Help your preschooler to feel safe and loved by giving lots of hugs and cuddles.

**Here are some of the exciting things your preschooler will learn to do by AGE 3:**

- Speak in two to five word sentences and be understood most of the time
- Understand a two-step direction like "Take off your boots and put them on the mat."
- Ask a lot of questions
- Walk up and down stairs using handrail
- Run well
- Kick and throw a ball
- Dress and undress with a little help
- Feed himself
- Use toilet by himself but may still need some help wiping after pooping (bowel movements)
- Help with bathing and brushing teeth
- Begin to share with others
- Use imagination to play make-believe games
- Know some colours and shapes
- Be curious about his own body and the difference between boys and girls



**At playtime your 3-year-old likes to:**

- Count things like blocks and cards
- Build things with large building blocks and pieces that attach
- Play "dress up" and "house"

Here are some of the exciting things your preschooler will learn to do by AGE 4:



### At playtime your 4-year-old likes to:

- Do crafts using paints, markers, coloured pencils, and glue
- Play simple games with rules
- Play with cars, trucks, trains
- Try games that are harder to do, like hitting a ball with a very large bat

- Put together a sentence with 5 words
- Knows about 2,000 words
- Speak clearly and can take part in a conversation
- Knows her first and last name, and age
- Sings favourite songs and knows some rhymes
- Can go to the toilet on her own during the day but may still wet at night time
- Can undo buttons and zippers
- Play simple games with other children
- Take turns with other children
- Play a game or listen to a story for up to 20 minutes
- Catch a large ball
- Hop on one foot
- Pour a drink from a small jug into a glass
- See how others are feeling and may try to be nice to someone who is sad

## “I Want My Mommy!” – Separation Anxiety

Children feel happy in places they know best. Sometimes preschoolers may feel upset when they are in a new place or away from mom and dad. For example, they may cry and hold on to you when it is time to go to school or to the babysitter (caregiver).





Here are a few ways you can help your child feel better about school or the caregiver:

- Take your child to play with other children.  
You can do this at a friend's house, at the local park, or at an Ontario Early Years Centres.
- Teach your child to be kind and share with other children. This will help your child to make friends.
- Good-byes are important. When you leave your child, give a quick hug. Say, "I will see you after school." This will let your child know what to expect. Have the same good-bye routine every day.
- Moms and dads also worry about being away from their child. Talk about your feelings with your child's teacher or caregiver.



*Remember: Cuddle and hold your child.  
Children who are held and given hugs and  
kisses grow into loving adults.*

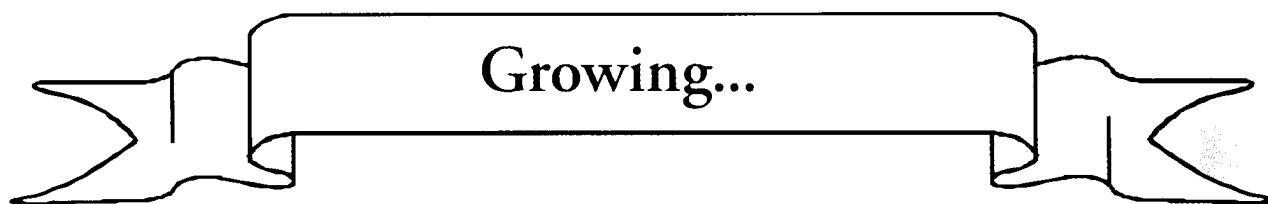
## Talking About Bodies and Sex

It is normal for children to ask about bodies and sex. Your child might be curious about what is different about boy's bodies and girl's bodies. Talk with your child. You are the best person to teach your child about sex.



### Tips for parents about talking about bodies, babies and sex:

- Teach proper words for all body parts.
- Answer questions the best that you can. Give short, simple answers.
- It's okay to say, "I don't know." You can go to the library together and look for the answer in a book.
- Most children look at their bodies, and touch their body. This is how they learn about themselves.
- If a friend or family member is pregnant, use this time to teach your child about where babies come from.
- Learn more about talking with your child about sex from your Public Health Nurse or family doctor.



At Age 3

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

At Age 4

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Place Photo(s) Here



## The School-Age Child

Your child has grown in so many ways. They are more social, active, and like to do things on their own. Five-year-olds and six-year-olds (school-age children) like to spend time with their friends and can play well in groups. Teach them that everyone is special and different in their own way. Your child may want to join a club or take part in an organized sport. This is a great way for them to develop a special talent and meet new friends. It will also help them to feel good about themselves. Now that your child is in school, there will be new things to learn, new friends, and changes each year. Enjoy this special time.

**School age children learn and grow in many ways.  
Here are some of the exciting things they can do:**

- Speak clearly in full sentences
- Count to ten or more
- Begin to know numbers, letters, colours and shapes
- Show an interest in reading
- Climb, run, jump and skip
- Be away from mom or dad without getting upset
- Like to make some of their own decisions
- Know right from wrong
- May be afraid of storms, monsters, and some animals
- Listen well
- Pay attention for about 30 minutes when they are interested in something



**Children at this age like to:**

- Read with a parent
- Make crafts with glue, scissors, markers, and paints
- Play games like hide and seek, or tag with a group of children
- Play outside riding their bike, swimming, or going to the park
- Take part in team sports like soccer or baseball

## Discipline

Five and six-year-olds understand the rules that parents make for them, but they may not always follow them. The one thing you can do as a parent is show your child how you would like him to act, by acting the same way. For example, your child will thank people if you thank people. How you treat your child will affect how they feel about themselves and how they act. Here are some tips to help:

- Give your child a choice if you can. This will help them learn to make some of their own decisions. Listen and ask them for their opinions or ideas. Try to solve problems by talking about them.
- Make rules that are easy to understand. Try not to make too many. Start with rules that will help them have good manners and stay safe. For example, tell them that it is important to say please and thank you. Another rule may be that they must always wear their bike helmet when they ride their bike. Tell your child why the rules are so important.
- Children need to know what will happen if they do not listen to you or follow the rules. For example, you could take away a toy for awhile or not let them watch a favourite TV show. Tell your child you still love them but do not like what they did.

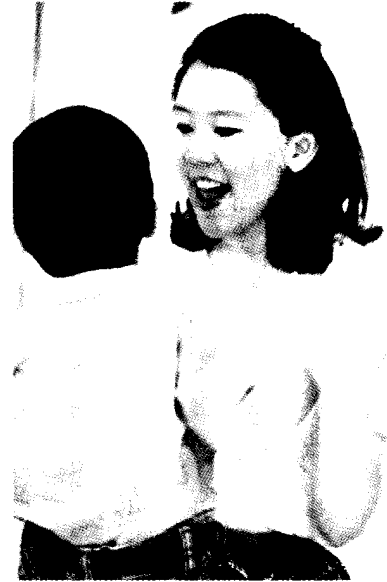


- When your child is being good tell them how happy it makes you! This will help them follow the rules.
- When there are two parents in a house, it is important for both parents to use the same rules. This helps children follow the rules more easily because they know they are doing what both parents want them to do.
- Five and six-year-olds are old enough to help you at times. For example, they can put dishes on the table before eating, and they can keep their room tidy. When they help you, make sure you tell them that they are doing a good job. Little jobs help your child understand that every one who lives in the house needs to work together.

## Helping Your Child Feel Good About Who They Are (Self-Esteem)

When your child feels good about who they are they are happier and get along better with their friends and family. They do better in school and make better decisions. Children who are happy and feel safe are more likely to do well when they grow up. Here are some ideas for you to help your child feel good about who they are:

- Spend time with your child. Play with them, go to school activities and help them with homework.
- Listen and talk with them.
- Tell them how good they are when they listen to you and when they are nice to others.
- Discipline in a loving, caring way.
- Give them lots of hugs and cuddle with them.
- Give your child jobs they must do around the house.
- Allow them to make mistakes. Give them a chance to try. This is how children learn.
- Remember that every child is special and no two children are the same.



## Getting Ready for Kindergarten

Starting school is a big event in your child's life. Your child will be excited and a bit worried too. This is normal. All children need time to get used to their new school, the other kids, and the teacher.



### Tips for helping your child get ready for kindergarten:

- Visit the school before school starts. Play on the playground. Go into the school to meet the teacher and see the classroom.
- Talk about her feelings about starting school. Let her know it is okay to feel worried about starting school.
- Go to the library to get books about starting school.
- Teach rules to keep your child safe like "Do not talk to strangers."
- Take your child to the doctor. Your doctor will want to check how much she has grown, and will want to check her eyes to make sure she can see well, and her ears to make sure she can hear well. Your child may also need to be immunized before school starts. Keep all medical records together and up-to-date as the school needs this information.

- Make sure she gets enough sleep. Try to have her get ready for bed by doing the same things each night, and make sure she goes to bed at the same time too.
- Good hygiene is important. Teach her to take good care of herself by washing her hands after using the toilet, brushing her teeth, having a bath, combing her hair and wearing clean clothes.
- Help her to do things on her own such as putting on her coat, shoes or boots. Also teach her how to do buttons up, use zippers and pack a backpack.
- When school starts, get to know your child's teacher and principal. If you have time, you can help out at the school. You may want to join the school parent-teacher council, help with pizza days or a class trip. Be sure to watch your child when they take part in school activities like concerts and sports games.

## I Am Ready for School!

- I know some numbers when I see them and I can count to 10.
- I know some colours.
- I am beginning to spell my name and know some letters.
- I can get dressed by myself.
- I can pack my backpack with a little help.
- I can do up my own shoes.
- I know some songs and nursery rhymes.
- I play simple games with rules like 'Duck Duck, Goose' and 'Ring round the Rosy'.
- I can go to the toilet by myself. I can clean myself after I use the toilet, and I can wash my hands with soap.
- I can pay attention for 20-30 minutes when I am doing an activity or listening to the teacher.
- I can play with other children in groups.

*This information is adapted with permission from the Bruce-Grey Let's Grow Interagency Committee 2003.*

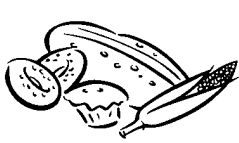


## Feeding Your Child Healthy Foods

Going to school is lots of fun. Feeding your child healthy foods helps him to grow, play and learn.

Breakfast is the first important meal of the day. Children who eat a good healthy (nutritious) breakfast find it easier to learn and think. A healthy breakfast includes foods from at least **three** of the **four** food groups from **Canada's Food Guide to Healthy Eating**.

**The four food groups are:**



Grain Products



Vegetables and Fruit



Milk Products



Meats and Alternatives.

**Here are some ideas so that your child will have a good start to the day:**

- ✓ whole grain toast (grain products), cheddar cheese slices (milk products), and 100% unsweetened fruit juice (vegetables and fruit)
- ✓ oatmeal (grain products), fresh fruit (vegetables and fruit), and 2 % milk (milk products)
- ✓ yogurt (milk products), banana muffin (grain products), 100% unsweetened fruit juice or fresh fruit (vegetables and fruit)

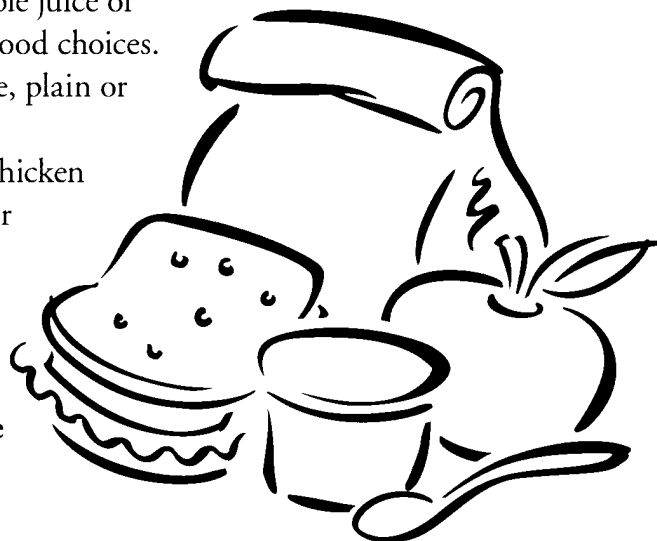
For a free copy of **Canada's Food Guide** contact the Middlesex-London Health Unit.

Children also need nutritious lunches. A healthy lunch is also a safe lunch. To keep your child's lunch safe from germs follow these tips when you are making lunch:

- ✓ Start with a clean counter, clean kitchen tools and wash your hands.
- ✓ Pack lunches in a bag that will help to keep foods from getting too hot or too cold.
- ✓ Wash all fruits and vegetables well.
- ✓ Wrap foods well in plastic wrap, foil, plastic bags or plastic containers.
- ✓ If plastic wrappings or foil have touched any food do not use them again. Throw away foil or bags after each use.
- ✓ To keep foods cold put a small ice pack in the lunch bag. Pack cold foods right from the fridge into the bag.

When packing lunches for your child include at least **three** of the **four** food groups from **Canada's Food Guide to Healthy Eating**. Here are some ideas:

- ✓ **Grain Products:** try whole grain breads, bagels, pitas, english muffins, wraps, pasta, crackers and muffins.
- ✓ **Vegetables and Fruits:** Fresh, frozen or canned, this group adds colour and flavour to a meal. Fruits and vegetables can be served raw, on their own, or with a dip. Try a salad or vegetable sticks like carrot, celery or cucumber. Vegetable juice or 100% unsweetened fruit juice are two other good choices.
- ✓ **Milk Products:** Include yogurt, cottage cheese, plain or chocolate milk in lunches.
- ✓ **Meat and Alternatives:** Try sliced meats like chicken or turkey breast, roast beef or ham, and tuna or salmon. Hard cooked eggs or beans are other ideas to include in a lunch. Peanut butter is a good source of protein. **Some children in your child's class may be allergic to peanut butter. Check with your child's school before sending peanut butter in your child's lunch.**



It is important to make lunches that your child will eat. Here are some tips to help your child want to eat her lunch:

- ✓ Let her help you pack the lunch. Give her some choices. For example, ask your child if she would like a cheese or a tuna sandwich, applesauce or fruit cup, yogurt or milk.
- ✓ Put in the food that a child would eat at home. For example, if your child eats half a sandwich, then pack half a sandwich along with other healthy foods.
- ✓ Use containers that can open easily. Foods that are hard to get at are less likely to be eaten.
- ✓ Pack foods that your child knows.
- ✓ Cut sandwiches into different shapes.

Regular snacks are also important for children. Children have small stomachs and need to eat more often than adults. Packing healthy snacks for your child to take to school will help her learn and pay attention. When packing snacks, try to include **two** of the **four** food groups from **Canada's Food Guide to Healthy Eating**. Fruit, vegetables, cheese, milk, yogurt, muffins, breadsticks and crackers are all great snack ideas.



## How to Keep Your Child Active for Life

A healthy lifestyle includes healthy nutritious eating and regular physical activity. Your child needs at least 30 minutes of exercise each day to be healthy. Physical activity includes walking, running, throwing a ball or playing a team sport like soccer. Here are some ideas to help your child stay active:

- ✓ Be active yourself. If your child sees you walking, swimming and riding a bike they will be more likely to do it too.
- ✓ Do things as a family. Go for a walk, a bike ride or take a hike together.
- ✓ Teach your child new activities like how to hit a ball with a bat, or bowling. When your child tries to do something new tell them they are doing a good job.
- ✓ Always watch your child when they are playing to make sure they are playing safely.



## Starting School

Name of School: \_\_\_\_\_

First Day: \_\_\_\_\_

First Teacher: \_\_\_\_\_

Favourite Activity: \_\_\_\_\_



## People who can help you

### Family Centres

Family Centres offer programs for families with children of all ages. These include family workshops and parenting groups, clubs, and other fun activities.



Childreach.....	(519) 434-3644
Cross Cultural Learner Centre .....	(519) 432-1133
Crouch Neighbourhood Resource Centre .....	(519) 642-7630
Families First in White Oaks .....	(519) 649-1248
Glen Cairn Community Resource Centre .....	(519) 668-2745
London Urban Services Organisation (LUSO).....	(519) 452-1466
Merrymount Children's Centre .....	(519) 434-6848
South London Community Centre .....	(519) 686-8600

### Parenting Education and Support

Call one of these groups if you would like to learn more about parenting, or if you need some help with your baby or child.

Health Connection, Middlesex-London Health Unit .....	(519) 850-2280
Merrymount Children's Centre .....	(519) 434-6848
N'Amerind Friendship Centre .....	(519) 672-0131
Ontario Early Years Centre – London North Centre .....	(519) 434-3644
Ontario Early Years Centre – London West .....	(519) 473-2825
Ontario Early Years Centre – London Fanshawe .....	(519) 455-2791
Ontario Early Years Centre – Lambton-Kent-Middlesex, Strathroy Satellite ...	(519) 245-8879
Ontario Early Years Centre – Perth-Middlesex, Ilderton Satellite .....	(519) 666-3227



### Well Baby and Child Clinics

At Well Baby and Child Clinics, Public Health Nurses will give advice and information about your infant and child's health and well being. Clinics are held in many locations in the city and county. Call the Middlesex-London Health Unit for times and places. You do not need an appointment.

Middlesex-London  
Health Unit..... (519) 663-5317, ext. 1122

## Fun Things for Families To Do

### Libraries

You will find many books about babies and children at the library. Ask the librarian to help you choose a parenting book. Libraries have special story times and things to do for young children. You can also borrow children's books to take home.

London Public Library..... (519) 661-5100  
[www.londonpubliclibrary.ca](http://www.londonpubliclibrary.ca)

Middlesex County Library..... (519) 245-8237  
[www.middlesex.library.on.ca](http://www.middlesex.library.on.ca)

### Museums and Fun Parks

Babies and children like to visit new places and try new things. Visit a local park together, or take a day trip to one of these area museums or fun parks.

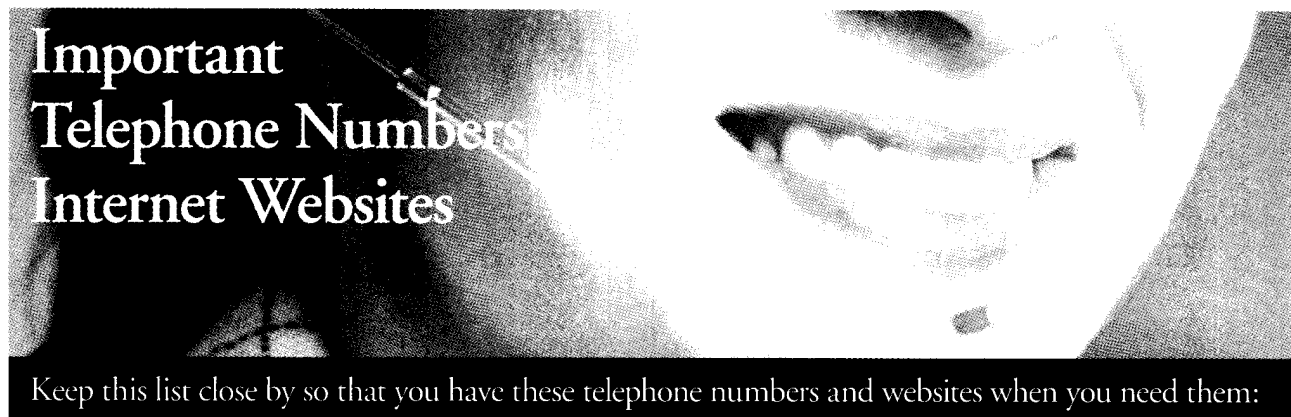
Fanshawe Pioneer Village ..... (519) 457-1296  
 London Museum of Archaeology.....(519) 473-1360  
 London Regional Children's Museum ..... (519) 434-5726  
 Museum London ..... (519) 661-0333  
 Storybook Gardens..... (519) 661-5770

### Recreation (Fun things to do)

The City of London has a free booklet called "Spectrum" that lists many low cost activities for families.

City of London Recreation  
 Department ..... (519) 661-5575  
[www.london.ca](http://www.london.ca)





**Health Connection - Middlesex-London Health Unit..... (519) 850-2280**

Monday-Friday 08:30-4:30 p.m.

Information, advice and referrals to community resources.

**Infantline ..... (519) 675-8444**

Evenings 4:30-10:00 p.m.

Weekends/Holidays 10:00 a.m. – 8:00 p.m.

Telephone counselling regarding you and your baby.

**tykeTALK ..... (519) 663-5317, ext. 2224**

Call if you have questions about your child's speech and language.

**Dental Clinic ..... (519) 663-5449**

If you do not have coverage and your child is in urgent need of care.

**Childcare Centres and Subsidy**

City of London ..... (519) 661-4834

Middlesex County ..... (519) 434-7321

**Crisis Intake Team for Children and Youth 0-16 Years ..... (519) 433-0334**

24 hour help if you are in an emergency.

**Children's Aid Society ..... (519) 455-9000**

Gives support to families having hard times.

**Changing Ways..... (519) 438-9869**

Support for men who want to end their abusive behaviour towards women.

**Women's Community House** .....(519) 642-3000

24 hour support for abused women and their children.

**Telehealth**..... 1-866-797-0000

24 hours a day, 7 days a week

**Children's Hospital of Western Ontario (Emergency)** ..... (519) 685-8141

**Poison Information Centre**.....1-800-268-9017

## Internet Websites:

**[www.healthunit.com](http://www.healthunit.com)**

Health information and Health Unit services for people of all ages.

**[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)**

Child health information from Canada's pediatric experts.

**[www.canadianparents.com](http://www.canadianparents.com)**

This parenting website provides information on everything from pregnancy to parenting teens.

**[www.dietitians.ca](http://www.dietitians.ca)**

Information on feeding preschool age children.

**[www.familyinfo.ca](http://www.familyinfo.ca)**

Early Years website for parents and caregivers with information about programs and services for children 0-6 years.

**[www.parenthelpline.ca](http://www.parenthelpline.ca)**

Offers parents access to information, support and referral.

**[www.thehealthline.ca](http://www.thehealthline.ca)**

Information about many London-Middlesex health services.



## Books with Good Information:

1. *Growing With Your Child: Pre-Birth to Age 5*  
Christine Langlois (Health & Family Editor, Canadian Living) Ballantine Books, Ontario 1998.
2. *What to Expect in the First Year*  
Arlene Eisenberg, Heidi Murkoff and Sandee Hathaway, Workman Publishing, New York.
3. *Games to Play with Babies* (also available for toddlers and two year olds)  
Jackie Silberg, Gryphon House, Maryland, 1993.
4. *The Discipline Book*  
*Everything You Need To Know To Have a Better Behaved Child – From Birth to Age Ten*  
William Sears, M.D. and Martha Sears, R.N., 1995.
5. *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*  
Elizabeth Pantley, Toronto, 2002.



## Books To Share With Children

*Dealing With Feelings: I'm Mad*, Elizabeth Crary & Jean Whitney; Parenting Press, Washington, 1994  
Ages 3-6

*Once Upon A Potty (Boy or Girl)*, Alona Frankel; Harper Collins, U.S.A., 1980  
Ages 1-3

*Making Friends*, Fred Rogers; The Putnam & Grosset Group, New York, 1987







