**Your Child's Health**

**Important Milestones**

- **36 months**
  - The child is learning to use a spoon and fork.
  - Can stack blocks and use a simple puzzle.
  - Can name some familiar foods.
  - Drinks from a cup.

- **30 months**
  - Can walk up and down stairs with or without assistance.
  - Can brush teeth with little supervision.
  - Can hold a pencil and draw.
  - Can identify some emotions like happy, sad, and angry.

- **24 months**
  - Can run, jump, and hop.
  - Can recognize familiar people and places.
  - Can follow simple directions.
  - Can identify more emotions.

- **18 months**
  - Can stay awake for up to 4 hours at a stretch.
  - Can walk up and down stairs.
  - Can identify some more emotions.
  - Can follow simple instructions.

- **15 months**
  - Can now feed himself with a spoon.
  - Can identify more emotions.
  - Can follow simple instructions.

- **12 months**
  - Can reach for toys with one hand.
  - Can pull themselves up to stand.
  - Can identify more emotions.
  - Can follow simple instructions.

- **9 months**
  - Can use a spoon and fork.
  - Can identify more emotions.
  - Can follow simple instructions.

- **6 months**
  - Can use a spoon and fork.
  - Can identify more emotions.
  - Can follow simple instructions.

- **4 months**
  - Can follow simple instructions.

- **2 months**
  - Can follow simple instructions.

- **1 month**
  - Can follow simple instructions.

**Quick Tips**

- **12-18 months**
  - Recommended daily servings for preschoolers: 2 cups of fruit, 3 cups of vegetables, 6 ounces of milk, 6-8 ounces of meat or beans, 1 cup of whole grains, and 2 cups of dairy products.

**Activity Tip**

- **Toddlers need 60-90 minutes of moderate to vigorous physical activity.**

**Food Tips**

- **4-6 ounces of fruit per day.**

**Resources**

- **Nevada Network Against Domestic Violence**
  - [www.caanv.org/](http://www.caanv.org/)

- **March of Dimes**
  - [www.marshofdimes.org](http://www.marshofdimes.org)

- **Supplemental Nutrition Assistance Program (SNAP)**
  - [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap)

- **American Association of Poison Control Centers**
  - [800-222-1222 or visit aapcc.org](http://800-222-1222 or visit aapcc.org)

- **Nevada Women, Infants and Children (WIC)**
  - [caaanv.org/wp-content/uploads/CAANV_WIC_Brochure.pdf](http://www.caanv.org/)

- **Nevada Network Against Domestic Violence**
  - [www.caanv.org/](http://www.caanv.org/)

- **Checkpoint locations: remsa-cf.com or Safekidsclarkcounty.org**
  - Know your child's health status and access to emergency services.

- **For children aged two years of age and older, screen media use for at least one hour and under age two, screen media use should be limited to high-quality educational programs**

- **It is best to introduce age appropriate foods, such as fruits, vegetables, whole grains, and lean proteins.**

- **Follow the ABC's of Safe Sleep - remember: Alone, Back, Crib**

- **Healthy Baby, Healthy Community**

- **Double check that all immunizations are up to date!**

- **A well balanced diet will provide your child with the nutrition they need and it will help them grow and develop.**

- **Your child should be healthy and happy.**

**Your Child's Health**

Every milestone the feeding, changing, bathing and shopping are opportunities to help your child grow and develop. Talk with your doctor to identify concerns you may have. It is important to follow the recommended health and guidelines to keep your child happy and healthy.
la Salud de tu Niño

Los mejores días vienen como abejas, cortar de cana, bajo una fruta pequeña y descalza, regalo. Hay que darlos aceres de cualquier preocupación que te pueda tener. Es muy importante que sigas las recomendaciones del personal médico que atiende a tu niño, para mantenerlo sano y feliz.

36 meses
CAMBIOS IMPORTANTES

• Puede usar el cepillo de dientes con crema de dientes.
• Puede comer sólidos sólidos.
• Puede usar un pañal.
• Puede dormir sin su padre o madre.

CONSULTA PARA EL NIÑO SANO AL MES DE
Los hombres de 36 meses de edad deben recibir la vacuna contra la Difteria y Tetanos (DTaP), IPV, RV, Hib, PCV.

CONSULTA PARA EL NIÑO SANO AL MES DE
Medida de la cabeza: ________
Medida de la altura: ________
Peso: ________
Fecha: __________

30 meses
CAMBIOS IMPORTANTES

• Puede dormir solo en la cama.
• Puede usar un pañal.
• Puede decir ‘no’.