

FAMILY HEALTH PROGRAM™

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In proud partnership with



The Centers for Disease Control and Prevention's
"Learn the Signs. Act Early." Campaign



Looking After **You and Your Young Child**

For mothers of children ages 18 months to 5 years



Welcome . . .

. . . to the Family Health Program™ brought to you in proud partnership with the Centers for Disease Control and Prevention's "Learn the Signs. Act Early." Campaign, National Association of Pediatric Nurse Practitioners (NAPNP), Visiting Nurse Associations of America (VNA), and the makers of LYSOL® brand products.

Looking After You and Your Young Child places special focus on you and on your child from ages 18 months to five years. This informative guide explores need-to-know areas of health, well-being, and germ protection — to help keep you, your young child, and your home happy and healthy.

A Health Program Especially for You

Children have special needs, and are more susceptible to infectious diseases than adults. They are also just learning about personal hygiene habits like frequent and proper handwashing. However, as public health experts, we know that there are several ways to help raise a healthy child and protect him or her from illness, including:

- A healthy diet and lifestyle for you and your growing child to help ensure that you are both better equipped to combat infections, and to minimize the risks of other health problems, such as tooth decay.
- Routine immunizations to protect your child from some serious and sometimes fatal diseases like polio, diphtheria, tetanus, whooping cough, hepatitis, and influenza.
- Thorough personal and home hygiene to help prevent the spread of disease-causing germs to your child and other family members.

Your Healthy Home

The CDC, NAPNP, VNA and LYSOL® partnership team is committed to **education** for the health and well-being of you and your child, and to keeping you and your family **healthy** by providing safe and convenient disinfecting and cleaning solutions for your home.

For more on what we are doing to help you ensure a healthy home, please visit: www.cdc.gov, www.napnp.org, www.vnaa.org, and www.lysol.com.

We wish you all the best in *Looking After You and Your Young Child!*

National Center on Birth Defects
and Developmental Disabilities
Centers for Disease Control
and Prevention



The Centers for Disease Control and Prevention's
"Learn the Signs. Act Early." Campaign

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Looking After You and Your Young Child

The health and well-being of you and your young child are impacted by many things. Throughout *Looking After You and Your Young Child*, you'll find practical information and tips on topics that can affect both of you.

You'll discover need-to-know advice in such areas as hygiene and well-being, food safety for you and your child, common childhood illnesses, safety, germ prevention at home, and more. In addition, you'll find references to help you locate further information on those subjects of particular interest to you — including important information on early childhood development.

So, read on!

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The web links provided in each chapter were current at time of publication. In the event that they change and/or are no longer available, we suggest that you visit the "home page" of the named organization or company. From there, search for topical information.

Child Development

Your child's growth is more than just physical. Children grow, develop, and learn throughout their lives, starting at birth. From birth to 5 years, there are "milestones" your child should reach in terms of how he or she plays, learns, speaks, and acts.



About Developmental Milestones

Monitoring developmental milestones is an important way to track your child's overall development. To help, Centers for Disease Control and Prevention (CDC) has developed a campaign called "Learn the Signs. Act Early." It provides the resources you need to learn about early childhood development and to track your child's growth. All materials are free.

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. He or she may reach milestones slightly before or after other children the same age — but if you have any concerns about your child's development, talk with your child's doctor. Below are just some of the milestones you should be looking for as your child grows.

By the end of **2 years** (24 months), many children are able to:

- Use 2- to 4-word phrases
- Follow simple instructions
- Become more interested in other children
- Point to object or picture when named

By the end of **3 years** (36 months), many children are able to:

- Show affection for playmates
- Use 4- to 5-word sentences
- Imitate adults and playmates (run when other children run)
- Play make-believe with dolls, animals, and people ("feed" a teddy bear)

By the end of **4 years** (48 months), many children are able to:

- Use 5- to 6-word sentences
- Follow 3-step commands ("Get dressed. Comb your hair, and wash your face.")
- Cooperate with other children
- Name friends

Questions to Ask Your Child's Healthcare Provider

- What can I do to keep track of my child's development?
- What should I do if I'm worried about my child's progress?
- Where can I go to get more information?

Most health care providers screen development either directly or by asking you to complete a questionnaire about your child's developmental skills at every well-child check. If you are concerned about one or more skills (i.e., speech and motor skills), ask your healthcare provider about this concern. Many children can benefit from referral for early intervention, but are missed because parents were unsure about what to ask.

FREE MATERIALS

Visit www.cdc.gov/actearly to order a free set of fact sheets about developmental milestones from 3 months to 5 years and a colorful growth chart to hang in your child's room.

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* Baird, G., Charman, T., Baron-Cohen, S., Cox, A., Swettenham, J., Wheelwright, S., and Drew, A. (2000), A Screening Instrument for Autism at 18 Months of Age: A 6-Year Follow-up Study. *J. Am. Acad. Child Adolesc. Psychiatry*, 39:694-702.

➔ *For More Information . . .*

Developmental Milestones: www.cdc.gov/actearly

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Act Early

www.cdc.gov/actearly



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Germ Protection Center

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germ_protection_center_colds_and_flu](http://www.vnaa.org/vnaa/g/?h=html/germ_protection_center_colds_and_flu)



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