

Emergency Phone Numbers

Keep your baby well.

Always keep doctor visits and immunizations (shots) up to date. Bring all records to doctor visits.

Call doctor right away if you think baby is sick. Signs may include: vomiting, fever, rash, diarrhea, coughing, sucking poorly, seizures, breathing fast and noisy, dark or very little urine, or pulling on ears.

Learn first aid and infant/child CPR in case your baby gets hurt or is choking or not breathing.

Never smoke around a baby. Secondhand smoke can cause colds, ear infections, asthma, bronchitis, and pneumonia in babies.

Have your baby tested for lead poisoning once a year for the next six years.

Help your baby learn.

Let your child start making choices but set limits. They still need your love, attention and direction.

Set a regular bedtime to make sure your child gets enough sleep and learns good sleep habits. Read a book aloud to help him/her unwind and lay the foundation for learning to read.

Protect your baby from abuse.

Never shake a baby. Shaking a baby is child abuse and can cause brain damage, seizures, paralysis and even death. Caring for a baby can be frustrating. Cope with frustration by placing the baby safely in the crib and leave the room for a breather. Call a friend, health professional, or clergy person or call the 24-hour toll free hotline (1-800-422-4453) if you are having trouble.

BABY'S DOCTOR (name and phone):

LOCAL FIRE DEPARTMENT PHONE:

LOCAL POLICE DEPARTMENT PHONE:

POISON CONTROL CENTER PHONE:

1-800-222-1222

CCDPH DISTRICT OFFICES:

North Suburbs

3rd District Court Building
2121 Euclid Avenue
Rolling Meadows, IL 60008
847-818-2860 phone, 847-818-2023 TDD

West Suburbs

Eisenhower Tower
1701 S. First Avenue
Maywood, IL 60153
708-786-4000 phone, 708-786-4002 TDD

Southwest Suburbs

5th District Court Building
10220 S. 76th Avenue
Bridgeview, IL 60455
708-974-6160 phone, 708-974-6045 TDD

South Suburbs

6th District Court Building
16501 South Kedzie
Markham, IL 60426
708-232-4500 phone, 708-232-4010 TDD

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Your Baby 12 to 24 Months



*Things your baby may do
and tips to keep baby healthy*



**COOK COUNTY HEALTH
& HOSPITALS SYSTEM**
COHHS

**Cook County Department
of Public Health**

Promoting health. Preventing disease.

Protecting you.

Here are ways to keep your baby safe and healthy

Things your baby may do 12 to 24 months



Cook County Department of Public Health
Promoting health. Preventing disease.
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Protect your baby from getting hurt.

Only leave baby in the care of a responsible person. Never leave alone in a tub of water or where s/he could fall (e.g. tabletop, bed, couch, or changing table). Put crib sides up.

Baby should sleep in a crib alone on a firm surface with only a fitted sheet covering all sides. Back sleeping lowers risk of Sudden Infant Death Syndrome (SIDS).

Remove hanging telephone, electrical, blind or drapery cords from sleep and play areas.

Choose toys with care. Small parts (e.g. eyes and nose on stuffed animal, broken balloons, keys, coins, jewelry) can be a choking hazard. All toys/parts must be bigger than baby's mouth.

Put all vitamins, iron drops, medicines, cleaners, other chemicals, knives and plastic bags out of reach or in a locked space. Keep Poison Control Center phone number (see back panel) handy. Do not induce vomiting.

Use a smoke/carbon monoxide detector in your home. Change batteries every six months.

If there are guns and ammunition in your home, lock unloaded gun(s) separate from locked ammunition.

Use a government-approved rear-facing child safety seat when transporting baby in a car. Buckle yourself too. It's the law.

Keep baby out of direct sunlight. Discuss sunscreen with doctor.

This chart is very general. Talk with your baby's doctor if you have concerns.

How babies this age handle their body:	Most babies will do this by age:
Stands on their own	10 months-14 months
Drinks from a cup without help	10 months-16 months
Walks alone across a room	11 months-18 months
Scribbles with a pen or crayon	12 months-24 months
Uses spoon, spills things sometimes	13 months-24 months
Climbs up stairs	15 months-18 months
Tries to turn a doorknob	15 months-18 months
Puts things in and out of a box	15 months-24 months
Follows easy directions	15 months-18 months
Talks, copies what you say	15 months- 24 months
Can kick a large ball	18 months-24 months
Sleeps 10 to 12 hours a night, with 1 nap during the day	12 months-24 months

Keep your baby clean.

Brush teeth after meals and at bedtime with a soft bristle toothbrush.

Start teaching how to wash body during bath time, and hands before meals and after toileting or diaper changes.

At 18-24 months, start sitting your child on a potty seat before and after naps and after meals. Sitting on the potty should only last 10 minutes, whether they go or not. Remember to be patient. Only 3 of 4 children are fully potty trained by 3 years old.

Help your baby grow.

Babies should be weaned from the bottle between 12 and 15 months of age. Start whole milk at 12 months. Give milk, water or juice in a cup that can be held.

Feed your baby at least 3 meals a day and 2 snacks. Babies enjoy eating foods with their fingers and hands like crackers, pasta, cooked vegetables, soft fruits and tender cooked meats like chicken. Cut finger food to less than 1/2 inch.

Don't give your child hard candy, peanuts, chips, hot dog, raw carrots, popcorn, grapes, raisins, chewing gum or peanut butter, as they can cause choking at this age.