

## **Well Child Resource List 18 Months Old to 5 Years Old**

The topics listed below are important for you to learn about at this stage of your child's life. Each topic is generally followed by a page reference within the Toddler's First Steps booklet, or a recommended website(s) where you can go to read more about it.

"[Toddler's First Steps](#)" is a booklet published by the Province of British Columbia. It is very similar to Baby's Best Chance, but is focused on the 6month to 36 month old toddler.

### **General websites with a variety of information:**

[Manitoba Parent Zone](#) (a Manitoba Health website)

[Caring for Kids](#) (Canadian Pediatric Society website)

[Rourke Baby Record](#) (parent information section on website)

[Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care](#)

[Toddler's First Steps: A Best Chance Guide to Parenting Your 6-to-36 Month-Old Child](#)

### **Nutrition:**

Toddler's First Steps: pages 47-74

"Feeding Your Child: 2 to 5 years old" document: available through the clinic

"Feeding Your Child: 8 months to 2 years old document: available through the clinic

Dial-A-Dietitian: 204-788-8248 or 1-800-830-2892

### **Injury Prevention:**

[Manitoba Public Insurance Child Care Seats: Securing Your Precious Cargo](#)

Carbon monoxide / smoke detectors: Toddler's First Steps page 132

Choking/safe toys: Toddler's First Steps, variety of page references

Electric plugs/cords: Toddler's First Steps pages 78, 130

Falls: Toddler's First Steps page 131

[Firearm safety](#)

[Wean from pacifier](#) Caring for Kids

Bike helmets: Toddler's First Steps pages 141, 142

Matches: Toddler's First Steps page 131

Water safety: Toddler's First Steps pages 129, 143, 144

Manitoba Poison Centre: 1-855-776-4766 or 1-855-7POISON

### **Behaviour:**

Discipline / parenting: Toddler's First Steps pages 103-123

Healthy sleep habits: Toddler's First Steps pages 81-85

Parental fatigue/depression: Toddler's First Steps pages 113-114

Siblings: Toddler's First Steps pages 120

[Early Childhoods Fears](#)

[When your Child Misbehaves: Tips for Positive Discipline](#) Caring for Kids and

[Tantrums](#) Manitoba Parent Zone

### **Family:**

[Live-5-2-1-0 Message](#) Sustainable Childhood Obesity Prevention through Community Engagement SCOPE

Child care/return to work: Toddler's First Steps pages 123-127

Family healthy active living/sedentary behaviour: Toddler's First Steps pages 77-78

Encourage reading: Toddler's First Steps pages 18, 25, 41, 83

Socializing/play opportunities: Toddler's First Steps pages 18-39

[My Child and I Attachment for Life](#) Best Start Resource Centre

### **Environmental Health:**

Second hand smoke: Toddler's First Steps pages 84, 131

Sun exposure: Toddler's First Steps pages 79-81

Pesticide exposure: Toddler's First Steps pages 79-81

Insect repellent: Toddler's First Steps pages 79-81

### **Other Issues:**

[Natural health products](#) Caring for Kids

[No 'over the counter' cough/cold medicine](#) Caring for Kids

[Winnipeg Regional Health Authority Mouth Care](#)

[Toilet training](#) Toilet learning: Toddler's First Steps pages 86, 87

[Bed wetting](#)

***Encourage reading: see Ages & Stages handouts provided during visit***