

Well Baby Resource List 9 Months Old to 15 Months Old

The topics listed below are important for you to learn about at this stage of your baby'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 6 month 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:

Attend a monthly "Feeding Your Baby Solid Foods" workshop through your local Public Health office or call your local Public Health Nurse

[Healthy Child Manitoba: Feeding Your Baby 6 months to One Year](#)

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

Toddler's First Steps: pages 47-74

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

Injury Prevention:

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

"Hot water: Toddler's First Steps page 131

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

Pacifier use: Toddler's First Steps pages 90, 91

[Firearm safety](#) Caring for Kids

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

Behaviour / Family Issues:

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

Crying: Toddler's First Steps pages 111-113, 118

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

Night waking: Toddler's First Steps pages 82-83

Soothability/responsiveness: Toddler's First Steps pages 3-5, 4

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

Siblings: Toddler's First Steps pages 120

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

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

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

[Early Childhoods Fears](#)

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

[Tantrums](#) Manitoba Parent Zone

Environmental Health:

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

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

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

Other Issues:

Fever advice/thermometers: Toddler's First Steps pages 88, 97, 101, 102

[Natural health products](#) Caring for Kids

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

[Winnipeg Regional Health Authority Mouth Care](#)

[Footwear: for Children](#) Caring for Kids

Encourage reading: see Ages & Stages handouts provided during visit

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