Parent Handout

2 to 5 Day (First Week) Visit

Here are some suggestions that may be of value to your family.

How You Are Feeling
- Call us for help if you feel sad, blue or overwhelmed for more than a few days.
- Try to sleep or rest when your baby sleeps.
- Take help from family and friends.
- Give you other children small, safe ways to help you with the baby.
- Spend special time alone with each child.
- Keep up family routines.
- If you are offered advice that you do not want or do not agree with, smile, say thanks, and change the subject.

Feeding Your Baby
- Feed only breast milk or iron-fortified formula, no water, in the first 6 months.
- Feed when your baby is hungry.
  - Puts hand to mouth
  - Sucks or roots
  - Fussing
- End feeding when you see your baby is full.
  - Turns away
  - Closes mouth
  - Relaxes hands

If Breastfeeding
- Breastfeed 8-12 times per day.
- Make sure your baby has 6-8 wet diapers a day.
- Avoid foods you are allergic to.
- Wait until your baby is 4-6 weeks old before using pacifier.
- A breastfeeding specialist can give you information and support on how to position your baby to make you more comfortable.
- WIC has nursing supplies for mothers who breastfeed.

If Formula Feeding
- Offer your baby 2 oz every 2-3 hours, more if still hungry.
- Hold your baby so you can look at each other while feeding.
- Do not prop the bottle.
- Give your baby a pacifier when sleeping.

Baby Care
- Use a rectal thermometer, not an ear thermometer.
- Check for fever, which is a rectal temperature of 100.4°/38.0° or higher.
- In babies 3 months and younger, fevers are serious. Call us if you baby has a temperature of 100.4°/38.0° or higher.
- Take a first aid and infant CPR class.
- Have a list of phone numbers for emergencies.
- Have everyone who touches the baby wash their hands first.
- Wash your hands often.
- Avoid crowds.
- Keep your baby out of the sun; use sunscreen only if there is no shade.
- Know that babies get many rashes from 4-8 weeks of age. Call us if you are worried.

Getting Used to Your Baby
- Comfort your baby
  - Gently touch baby’s head
  - Rocking baby
- Start routines for bathing, feeding, sleeping, and playing daily.
- Help wake your baby for feedings by
  - Patting
  - Changing diaper
  - Undressing
- Put your baby to sleep on his or her back
  - In a crib, in your room, not your bed
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 ⅜ inches apart. Find more information on Consumer Product Safety Commission Website at www.cpsc.gov.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.

Safety
- The car safety seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in a seat with a passenger air bag.
- Keep your car and home smoke free.
- Keep your baby safe from hot water and hot drinks.
- Do not drink hot liquids while holding your baby.
- Make sure your water heater is set at a lower than 120°F.
- Test your baby’s bathwater with your wrist.
- Always wear a seat belt and never drink and drive.

What to Expect at Your Baby’s
1 Month Visit

We will talk about
- Any concerns you have about your baby.
- Feeding your baby and watching him or her grow.
- How your baby is doing with your whole family.
- Your health and recovery.
- Your plans to go back to school or work.
- Caring for and protecting your baby.
- Safety at home and in the car.

Local Resources:
- Centering Parenting*: Group setting with providers, parents, other children of similar ages to provide you with the tools and education to support positive family development. Contact: Tiersa Crossman, CHRR Pediatrics (802-773-9131)
- Vermont 211: Provides all people in Vermont with free access to community resources through information and referral (I&R). Simply dial 2-1-1 from anywhere in VT. Available 24/7.
- Insurance: VermontHealthConnect.gov or call 1-855-899-9600 (toll-free)
- Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
- Poison Help: 1-800-222-1222
- Child car seats clinics and instructions for how install safely (for appt: 802-773-1746): www.seatcheck.org
- Lactation services: Rutland Women’s Healthcare (802-775-1901); Breastfeeding classes (802-747-3695)
Parent Handout

1 Month Visit

Here are some suggestions that may be of value to your family.

How You Are Feeling
- Taking care of yourself gives you energy to take care of your baby. Remember to go for your postpartum checkup.
- Call for help if you feel sad or blue, or very tired for more than a few days.
- Know that returning to work or school is hard for many parents.
- Find safe, loving childcare for your baby. You can ask us for help.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

Feeding Your Baby
- Feed only breast milk or iron-fortified formula, no water, in the first 4-6 months.
- Pat, rock, undress, or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger.
  - Putting hand to mouth
  - Sucking, rooting and fussing
- End feeding when you see signs your baby is full.
  - Turning away
  - Closing the mouth
  - Relaxed arms and hands
- Breastfeed or bottle-feed 8-12 times per day
- Burp your baby during natural feeding breaks
- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well.

If Breastfeeding
- Continue to take your prenatal vitamins
- When breastfeeding is going well (usually 4-6 weeks), you can offer your baby a bottle or pacifier

If Formula Feeding
- Always prepare, heat, and store formula safely. If you need help, ask us.
- Feed your baby 2 oz every 2-3 hours. If your baby is still hungry, you can feed more.

Getting to Know Your Baby
- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on his or her back
  - In a crib, in your room, not your bed
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 ¾ inches apart. Find more information on Consumer Product Safety Commission Web site at ww.cpsc.gov.
- Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
- Give your baby a pacifier if he wants it
- Hold and cuddle your baby often
- Tummy time—put your baby on his or her tummy when awake and you are there to watch
- Crying is normal and may increase when your baby is 6-8 weeks old.
- When your baby is crying, comfort them by talking, patting, stroking, and rocking.
- Never shake your baby.
- If you feel upset, put your baby in a safe place; call for help.

Your Baby and Family
- Plan with your partner, friends, and family to have time for yourself.
- Take time with your partner too.
- Let us know if you are having any problems and cannot make ends meet. There are resources in our community that can help you.
- Join a new parents group or call us for help to connect to others if you feel alone and lonely.
- Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home.
- Prepare for an emergency/illness
  - Keep a first-aid kit in your home.
  - Learn infant CPR
  - Have a list of emergency phone numbers
  - Know how to take your baby’s temperature rectally. Call us if it is 100.4°F (38.0°C) or higher.

Safety
- Use a rear-facing car safety seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear a seat belt and never drink and drive.

What to Expect at Your Baby’s 2 Month Visit
We will talk about
- Immunizations
- Taking care of yourself and your family
- Sleep and crib safety
- Keeping your home safe for your baby
- Getting back to work or school and finding childcare
- Feeding your baby.

Local Resources:
- Centering Parenting®: Group setting with providers, parents, other children of similar ages to provide you with the tools and education to support positive family development. Contact: Tiersa Crossman, CHRR Pediatrics (802-773-9131)
- Vermont 211: Provides all people in Vermont with free access to community resources through information and referral (I&R). Simply dial 2-1-1 from anywhere in VT. Available 24/7.
- Insurance: VermontHealthConnect.gov or call 1-855-899-9600 (toll-free)
- Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
- Poison Help: 1-800-222-1222
- Child car seats: clinics and instructions for how to install safely (for appt: 802-773-1746); www.seatcheck.org
- Lactation services: Rutland Women’s Healthcare (802-775-1901); Breastfeeding classes (802-747-3695)
- Child Care Support Services: assist in paying/finding childcare (802-747-0033)
Parent Handout

2 Month Visit

Here are some suggestions that may be of value to your family.

How You Are Feeling

• Taking care of yourself gives you energy to take care of your baby. Remember to go for your postpartum checkup.
• Find ways to spend time alone with your partner
• Keep in touch with family and friends
• Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby’s hand.
• Spend special time with each child reading, talking, or doing things together.

Your Growing Baby

• Have simple routines each day for bathing, feeding, sleeping, and playing.
• Put your baby to sleep on his or her back
  o In a crib, in your room, not your bed
  o In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 ¼ inches apart. Find more information on Consumer Product Safety Commission Web site at www.cpsc.gov.
  o Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
  o Give your baby a pacifier if he wants it
• Hold, talk, cuddle, read, sing and play often with your baby. This helps build trust between you and your baby.
• Tummy time—put your baby on his or her tummy when awake and you are there to watch
• Learn what things your baby does and does not like.
• Notice what helps to calm your baby such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

Safety

• Use a rear-facing car safety seat in all vehicles.
• Never put your baby in the front seat of a vehicle with a passenger air bag
• Always wear a seat belt and never drink and drive.
• Keep your car and home smoke free
• Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby
• Your baby can roll over, so keep a hand on your baby when changing clothes or the diaper.
• Set water heater so temperature at the faucet is at or below 120°F.
• Never leave your baby alone in bathwater, even in a bath seat or ring.

Feeding Your Baby

• Feed only breast milk or iron-fortified formula, no water, in the first 4-6 months.
• Pat, rock, undress, or change the diaper to wake your baby to feed.
• Feed your baby when you see signs of hunger.
  o Putting hand to mouth
  o Sucking, rooting and fussing
• End feeding when you see signs your baby is full.
  o Turning away
  o Closing the mouth
  o Relaxed arms and hands
• Breastfeed or bottle-feed 8-12 times per day
• Burp your baby during natural feeding breaks
• Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well.

If Breastfeeding

  o Continue to take your prenatal vitamins
  o When breastfeeding is going well (usually 4-6 weeks), you can offer your baby a bottle or pacifier

If Formula Feeding

  o Always prepare, heat, and store formula safely. If you need help, ask us.
  o Feed your baby 2 oz every 2-3 hours. If your baby is still hungry, you can feed more.

• Hold your baby so you can look at each other while feeding
• Do not prop the bottle

Your Baby and Family

• Start planning for when you may go back to work or school.
• Find clean, safe, and loving childcare for your baby.
• Know that it is normal to feel sad leaving your baby or upset about your baby going to childcare.

What to Expect at Your Baby’s 4 Month Visit

We will talk about
• Immunizations
• Your baby and family
• Feeding your baby
• Sleep and crib safety
• Calming your baby
• Playtime with your baby
• Caring for your baby and yourself
• Keeping your home safe for your baby
• Healthy teeth

Local Resources:

Centering Parenting®: Group setting with providers, parents, other children of similar ages to provide you with the tools and education to support positive family development. Contact: Tiersa Crossman, CHRR Pediatrics (802-773-9131)

Vermont 211: Provides all people in Vermont with free access to community resources through information and referral (I&R). Simply dial 2-1-1 from anywhere in VT. Available 24/7.

Insurance: VermontHealthConnect.gov or call 1-855-899-9600 (toll-free)

Reach Up: Helps families with children by providing cash assistance for basic needs (1-800-479-6151)

Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)

Poison Help: 1-800-222-1222

Child car seats: clinics and instructions for how install safely (for appt: 802-773-1746)

Lactation services: Rutland Women’s Healthcare (802-775-1901); Breastfeeding classes (802-747-3695)

Child Care Support Services: assist in paying/find childcare (802-747-0033)
Parent Handout
4 Month Visit

Here are some suggestions that may be of value to your family.

How Your Family Is Doing
• Take time for yourself
• Take time together with your partner
• Spend time alone with your other children.
• Encourage your partner to help care for your baby.
• Choose a mature, trained, and responsible babysitter or caregiver.
• You can talk with us about your childcare choices.
• Hold, cuddle, talk to, and sing to your baby each day.
• Massaging your infant may help your baby go to sleep more easily.
• Get help if you and your partner are in conflict. Let us know. We can help.

Feeding Your Baby
• For babies at 4 months of age, human milk or formula remains the best food. Solid feeding is discouraged until about 6 months of age.
• Avoid feeding your baby too much by following the baby’s signs of fullness
  - Leaning back
  - Turning away
• Ask us about programs like WIC that can help get food for you if you are breastfeeding and formula for your baby if you are formula feeding.

If Breastfeeding
• Exclusive breastfeeding for about the first 6 months of life provides ideal nutrition and supports the best possible growth and development.
• If you are still breastfeeding, that’s great!
• Plan for pumping and storage of breast milk.

If Formula Feeding
• Make sure to prepare, heat, and store the formula safely.
• Hold your baby so you can look at each other while feeding.
• Do not prop the bottle.
• Do not give your baby a bottle in the crib.

Safety
• Use a rear-facing car safety seat in the back seat in all vehicles.
• Always wear a seat belt and never drive after using alcohol or drugs.
• Keep small objects and plastic bags away from your baby.
• Keep a hand on your baby on any high surface from which she can fall and be hurt.
• Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
• Do not drink hot drinks when holding your baby.
• Never leave your baby alone in bathing water, even in a bath seat or ring.
• The kitchen is the most dangerous room. Don’t let your baby crawl around there; use a playpen or high chair instead.
• Do not use a baby walker.

Your Changing Baby
• Keep routines for feeding, nap time, and bedtime.

Crib/Playpen
• Put your baby to sleep on her back.
• In a crib that meets current safety standards, with no drop-side rail and slats no more than 23/8 inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
• If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
• Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
• Lower your baby’s mattress.
• If using a mesh playpen, make sure the openings are less than ¼ inch apart.

Playtime
• Learn what things your baby likes and does not like.
• Encourage active play.
  - Offer mirrors, floor gyms, and colorful toys to hold.
  - Tummy time—put your baby on his tummy when awake and you can watch.
• Promote quiet play.
  - Hold and talk with your baby.
  - Read to your baby often.

Crying
• Give your baby a pacifier or his fingers or thumb to suck when crying.

Healthy Teeth
• Go to your own dentist twice yearly. It is important to keep your teeth healthy so that you don’t pass bacteria that causes tooth decay on to your baby.
• Do not share spoons or cups with your baby or use your mouth to clean the baby’s pacifier.
• Use a cold teething ring if your baby has sore gums with teething.
• Clean gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste (the size of a grain of rice).

What to Expect at Your Baby’s 6 Month Visit

We will talk about
• Immunizations
• Introducing solid food
• Getting help with your baby
• Home and car safety
• Brushing your baby’s teeth
• Reading to and teaching your baby

Local Resources:
Centering Parenting®: Group setting with providers, parents, other children of similar ages to provide you with the tools and education to support positive family development. Contact: Tiersa Crossman, CHRR Pediatrics (802-773-9131) Vermont 211: Provides all people in Vermont with free access to community resources through information and referral (I&R). Simply dial 2-1-1 from anywhere in VT. Available 24/7. Reach Up: Helps families with children by providing cash assistance for basic needs (1-800-479-6151) Hunger Free Vermont: 1-800-479-6151 Poison Help: 1-800-222-1222 Child car seats: clinics and instructions for how install safely (for apt: 802-773-1746); www.seatcheck.org Child Care Support Services: assist in paying/finding childcare (802-747-0033)
Parent Handout
6 Month Visit

Here are some suggestions that may be of value to your family.

Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby’s growth will slow down.
- If you are still breastfeeding, that’s great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids:
  - Opens mouth for the spoon
  - Sits with support
  - Good head and neck control
  - Interests in the foods you eat.

Starting New Foods

- Introduce new foods one at a time.
  - Iron-fortified cereal
- Good sources of iron include: read meat, sweet potatoes, lentils, spinach, broccoli, etc.
- Introduce vegetables and fruits after your baby eats iron-fortified cereal or pureed meats well.
  - Offer 1-2 tbsp of solid food 2-3 times per day.
- Avoid feeding your baby too much by following signs of fullness.
  - Leaning back
  - Turning away
- Do not force your baby to eat or finish foods.
  - It may take 10-15 times of giving your baby a food to try before they will like it.
- The only foods to be avoided are raw honey or chunks of food that could cause choking.
- To prevent choking:
  - Only give your baby very soft, small bites of finger foods
  - Keep small objects and plastic bags away from your baby.

How Your Family Is Doing

- Call on others for help.
- Ask us about helpful resources if you are alone or need advice.
- Encourage your partner to help care for your baby.
- Invite friends over or join a parent group.

Healthy Teeth

- Many babies begin to cut teeth.
- Clean gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste (the size of a grain of rice).
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let him or her eat all day.

Your Baby’s Development

- Place your baby so they are sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure they are getting regular naps and playtimes.

Crib/Playpen

- Put your baby to sleep on their back.
  - In a crib, in your room, not your bed.
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 ½ inches apart. Find more information on Consumer Product Safety Commission Web site at www.cpsc.gov.
  - Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
  - Lower your baby’s mattress.
  - If using a mesh playpen, make sure the openings are less than ¼ inch apart.

Safety

- Use a rear-facing car safety seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Never leave your baby in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting water heater so temperature at the faucet is at or below 120°F.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring. Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if you baby eats them.

What to Expect at Your Baby’s 9 Month Visit

We will talk about:

- Immunizations.
- Disciplining your baby.
- Introducing new foods and establishing a routine.
- Helping your baby learn.
- Car seat safety.
- Safety at home.

Local Resources:

- Vermont 211: Provides all people in Vermont with free access to community resources through information and referral (I&R). This includes personal assistance by phone and online. Simply dial 2-1-1 from anywhere in VT. Available 24/7.
- Reach Up: Helps families with children by providing cash assistance for basic needs (1-800-479-6151)
- Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
- Poison Help: 1-800-222-1222
- Child care clinics: clinics and instructions for how to install (for appt: 802-773-1746); www.seatcheck.org
- Child Care Support Services: assist in paying findings childcare (802-747-0033)
Parent Handout
9 Month Visit
Here are some suggestions that may be of value to your family.

Your Baby and Family

- Tell your baby in a nice way what to do ("Time to eat"), rather than what not to do.
- Be consistent
- At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy.
- Do things the way you want your baby to do them—you are your baby’s role model.
- Make your home and yard safe so that you do not have to say “No!” often.
- Use “No!” only when your baby is going to get hurt or hurt others.
- Take time for yourself and with your partner
- Keep in touch with family hand friends
- Invite friends over or join a parent group.
- If you feel alone, we can help with resources.
- Only use mature, trustworthy babysitters.
- If you feel unsafe in your home or have been hurt by someone, let us know, we can help.

Feeding Your Baby

- Be patient with your baby as they learn to eat without help.
- Being messy is normal
- Give 3 meals and 2-3 snacks a day.
- Vary the thickness and lumpiness to your baby’s food.
- Start giving more table foods.
- Give only healthful foods.
- Do not give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid forcing the baby to eat.
- Babies may say no to a food 10-12 times before they will try it.
- Help your baby use a cup.
- Continue to breastfeed or bottle-feed until 1 year; do not change to cow’s milk
- No foods need to be withheld except for raw honey or chunks of food that could cause choking.

Your Changing and Developing Baby

- Keep daily routines for your baby
- Make the hour before bedtime loving and calm.
- Check on, but do not pick up, the baby is they wake at night.
- Watch over your baby as they explore inside and outside the home.
- Crying when you leave is normal; stay calm.
- Give the baby balls, toys that roll, blocks, and container to play with.
- Avoid the use of TV, videos, and computers.
- Show and tell your baby in simple words what you want them to do.
- Avoid scaring or yelling at your baby.
- Help your baby when they need it.
- Talk, sing, and read daily.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Have your child’s car safety seat rear-facing until your baby is 2 years of age or until they reach the highest weight or height allowed by the car safety seat’s manufacturer.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your own seat belt and do not drive after using alcohol or drugs.
- Empty buckets, pools, and tubs right after you use them.
- Place gates on stairs; do not use a baby walker.
- Do not leave heavy or hot things on tablecloths that your baby could pull over.
- Put barriers around space heaters, and keep electrical cords out of your baby’s reach.
- Never leave your baby alone in or near water, even in a bath seat or ring. Be within arm’s reach at all times.
- Keep poisons, medicines, and cleaning supplies out of your baby’s sight and reach.
- Call Poison Help (1-800-222-1222) if you are worried your child ah s eaten something harmful.

What to Expect at Your Baby’s 12 Month Visit

We will talk about

- Immunizations
- Disciplining your baby
- Introducing new foods and establishing a routine
- Helping your baby learn
- Car seat safety
- Safety at home.

Local Resources:

Vermont 211: Provides all people in Vermont with free access to community resources through information and referral (I&R). This includes personal assistance by phone and online. Simply dial 2-1-1 from anywhere in VT. Available 24/7.
Reach Up: Helps families with children by providing cash assistance for basic needs (1-800-479-6151)
Insurance: VermontHealthConnect.gov or call 1-855-899-9600 (toll-free)
Food and Fuel Hotline: (800) 479-6151 (toll-free)
Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
Poison Help: 1-800-222-1222
Child car seats: clinics and instructions for how install safely (for appt: 802-773-1746); www.seatcheck.org
Child Care Support Services: assist in paying/finding childcare (802-747-0033)
Parent Handout
12 Month Visit

Here are some suggestions that may be of value to your family.

Family Support
- Try not to hit, spank or yell at your child.
- Keep rules for your child short and simple.
- Use short time-outs when your child is behaving poorly.
- Praise your child for good behavior.
- Distract your child with something they like during bad behavior.
- Play with and read to your child often.
- Make sure everyone who cares for your child gives healthy foods, avoids sweets, and uses the same rules for discipline.
- Make sure places your child stays are safe.
- Keep in touch with family and friends.
- Think about joining a toddler playgroup or taking a parenting class.
- Take time for yourself and your partner.
- If you feel unsafe in your home or have been hurt by someone, let us know, we can help.

Establishing Routines
- Your child should have at least one nap. Space it to make sure your child is tired for bed.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Avoid having your child watch TV and videos and never watch anything scary.
- Be aware that fear of stranger is normal and peaks at this age.
- Respects your child’s fears and has strangers approach slowly.
- Avoid watching tv during family time.
- Start family traditions such as reading or going on a walk together.

Feeding Your Baby
- Have your child eat during family mealtime.
- Be patient with your baby as they learn to eat without help.
- Encourage your child to feed themselves.
- Give 3 meals and 2-3 snacks a day spaced evenly over the day to avoid tantrums.
- Make sure caregivers follow the same ideas and routines for feeding.
- Use a small plate and cup for eating and drinking.
- Provide healthy foods for meals and snacks.
- Let your child decide what and how much to eat.
- End the feeding when the child stops eating.
- Avoid small, hard foods that can cause choking—nuts, popcorn, hot dogs, grapes, and hard, raw veggies.

Safety
- Have your child’s car safety seat rear-facing until your baby is 2 years of age or until they reach the highest weight or height allowed by the car safety seat’s manufacturer.
- Lock away poisons, medicines, and lawn and cleaning. Call Poison Help (1-800-222-1222) if child eats nonfoods
- Keep small objects, balloons, and plastic bags away from your child.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Lock away knives and scissors.
- Only leave your toddler with a mature adult.
- Near or in water, keep your child close enough to touch.
- Make sure to empty buckets, pools, and tubs when done.
- If you have a gun in the home, store it unloaded and locked with the ammunition locked separately from the gun.

Finding a Dentist
- Take your child for a first dental visit either by 12 months or as soon as you can after the first tooth erupts.
- Brush your child’s teeth twice a day with a soft toothbrush. Use a small smear of fluoride toothpaste (the size of a grain of rice).
- If using a bottle, offer only water.

What to Expect at Your Child’s 15 Month Visit
We will talk about
- Immunizations
- Your child’s speech and feelings
- Getting a good night’s sleep
- Keeping your home safe for your child
- Temper tantrums and discipline
- Caring for your child’s teeth.

Local Resources:
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Reach Up: Helps families with children by providing cash assistance for basic needs (1-800-479-6151)
Insurance: VermontHealthConnect.gov or call 1-855-899-9600 (toll-free)
Food and Fuel Hotline: (800) 479-6151 (toll-free)
Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
Poison Help: 1-800-222-1222
Child car seats: clinics and instructions for how install safely (for aptt: 802-773-1746); www.seatcheck.org
Child Care Support Services: assist in paying/finding childcare (802-747-0033)
### Talking and Feeling
- Show your child how to use words.
  - Use words to describe your child’s feelings
  - Describe your child’s gestures with words
  - Use simple, clear phrases to talk to your child.
  - When reading, use simple words to talk about the pictures
- Try to give choices. Allow your child to choose between 2 good options, such as a banana or an apple, or 2 favorite books.
- Your child may be anxious around new people; this is normal. Be sure to comfort your child.

### A Good Night’s Sleep
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Put your child to bed at the same time every night. Early is better.
- Try to tuck in your child when she is drowsy, but still awake.
- Avoid giving enjoyable attention if your child wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

### Safety
- Have your child’s car safety seat rear-facing until your baby is 2 years of age or until they reach the highest weight or height allowed by the car safety seat’s manufacturer.
- Follow the owner’s manual to make the needed changes when switching the car safety seat to the forward facing position.
- Never put your child’s rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride.
- Everyone should wear a seatbelt in the car.
- Lock away poisons, medicines, and lawn and cleaning.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Lock away cigarettes, matches, lighters, batteries, and alcohol.
- Have working smoke and carbon monoxide alarms and an escape plan.
- Set your hot water heater temperature to lower than 120°F.
- If you have a gun in the home, store it unloaded and locked with the ammunition locked separately from the gun.

### Temper Tantrums and Discipline
- Use distraction to stop tantrums when you can
- Limit the need to say “No!” by making your home and yard safe for play
- Praise your child for behaving well
- Set limits and use discipline to teach and protect your child, not punish.
- Be patient with messy eating and play. Your child is learning.
- Let your child choose between 2 good things for food, toys, drinks, or books.

### Healthy Teeth
- Take your child for a first dental visit if you have not done so
- Brush your child’s teeth twice a day with a soft toothbrush and plain water
- Wean from the bottle; give only water in the bottle.
- Brush your own teeth and avoid sharing cups and spoons with your child or cleaning a pacifier with your mouth.

### What to Expect at Your Child’s 18 Month Visit
We will talk about
- Immunizations
- Talking and reading with your child
- Playgroups
- Preparing your other children for a new baby
- Spending time with your family and partner
- Car and home safety
- Toilet training
- Setting limits and using time-outs

### Local Resources:
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**Insurance:** VermontHealthConnect.gov or call 1-855-899-9600 (toll-free)
**Food and Fuel Hotline:** (800) 479-6151 (toll-free)
**Hunger Free Vermont:** 1-800-479-6151 (speak with benefits specialist)
**Poison Help:** 1-800-222-1222
**Child car seats:** clinics and instructions for how install safely (for appt: 802-773-1746); [www.seatcheck.org](http://www.seatcheck.org)
**Child Care Support Services:** assist in paying/finding childcare (802-747-0033)
Here are some suggestions that may be of value to your family.

Talking and Hearing
- Read and sing to your child often
- Talk about and describe pictures in books
- Use simple words with your child
- Tell your child the words for her feelings
- Ask your child simple questions, confirm their answers, and explain simply
- Use simple, clear words to tell your child what you want them to do.

Your Child and Family
- Create time for your family to be together
- Keep outings with a toddler brief—1 hour or less
- Do not expect a toddler to share
- Give older children a safe place for toys when they do not want to share
- Teach your child not to hit, bite, or hurt other people or pets.
- Your child may go from trying to be independent to clinging; this is normal.
- Consider enrolling in a parent-toddler playgroup
- Ask us for help in finding programs for your family
- Prepare for a new baby by reading books about being a big brother or sister
- Spend time with each child
- Make sure you are taking care of yourself
- Tell you child when they are doing a good job
- Give your toddler changes to try a new food. Allow mouthing and touching to learn about them.
- Tell us if you need help with getting enough food for your family.

Safety
- Have your child’s car safety seat rear-facing until your baby is 2 years of age or until they reach the highest weight or height allowed by the car safety seat’s manufacturer.
- Follow the owner’s manual to make the needed changes when switching the car safety seat to the forward-facing position.
- Never put your child’s rear-facing seat in the front seat of a vehicle with a passenger airbag. The back seat is the safest place for children to ride.
- Everyone should wear a seatbelt in the car.
- Lock away poisons, medicines, and lawn and cleaning
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Keep your child away from pot handles, small appliances, fireplaces, and space heaters.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Watch your child closely when they are on the stairs.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- If you have a gun in the home, store it unloaded and locked with the ammunition locked separately from the gun.
- Prevent burns by keeping hot liquids, matches, lighters, and the stove away from your child.
- Have a working smoke detector on every floor.
- Read books about toilet training with your child.
- Have a parent of the same sex as your child.
- Read books about being a big brother or sister take your child.
- Prepare for a new baby by reading; this is normal.
- Tell your child when they are doing a good job.
- Change your child’s focus to another toy or activity if she becomes upset.
- Parenting class can help you understand your child’s behavior and teach you what to do.
- Expect your child to cling to you in new situations.

Toilet Training
- Signs of being ready for toilet training include
  - Dry for 2 hours
  - Knows if they are wet or dry
  - Can pull pants down and up
  - Wants to learn
  - Can tell you if they are going to have a bowel movement
- Read books about toilet training with your child.
- Have a parent of the same sex as your child.
- Have a parent of the same sex as your child.
- Or an older brother or sister take your child to the bathroom.
- Praise sitting on the potty or toilet even with clothes on.
- Take your child to choose underwear when they feel ready to do so.

Your Child’s Behavior
- Set limits that are important to you and ask others to use them with your toddler
- Be consistent with your toddler
- Praise your child for behaving well
- Play with your child each day by doing things they like
- Keep time-outs brief. Tell your child in simple words what they did wrong.
- Tell your child what to do in a nice way.
- Change your child’s focus to another toy or activity if she becomes upset.
- Parenting class can help you understand your child’s behavior and teach you what to do.
- Expect your child to cling to you in new situations.

What to Expect at Your Child’s 2 Year Visit
We will talk about
- Immunizations
- Your talking child
- Your child and TV
- Car and outside safety
- Toilet training
- How your child behaves

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Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
Poison Help: 1-800-222-1222
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Child Care Support Services: assist in paying/finding childcare (802-747-0033)
Parent Handout
2 Year Visit

Here are some suggestions that may be of value to your family.

Your Talking Child
- Read to your child every day.
- Talk about and describe pictures in books and the things you see and hear together.
- Parent-child play, where the child leads, is the best way to help toddlers learn to talk.
- Your child may love hearing the same story over and over.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sounds or finish a part of the story.
- Use correct language; be a good model for your child.
- Talk slowly and remember that it may take a while for your child to respond.

Your Child and TV
- It is better for your child to play than watch TV.
- Limit TV to 1-2 hours or less each day.
- Watch TV together and discuss what you see and think.
- Be careful about the programs and advertising your young child sees.
- Do other activities with your child such as reading, playing games, and singing.
- Be active together as a family. Make sure your child is in an active home, at childcare, and with sitters.

Safety
- Be sure your child’s car safety seat is correctly installed in the backseat of all vehicles.
- All children 2 years or older, or those younger than 2 years who have outgrown rear-facing weight or height limit for their car seat, should use a forward facing car safety seat with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat’s manufacturer.
- Everyone should wear a seatbelt in the car. Do not start the vehicle until everyone is buckled up.
- Never leave your child alone in our home or yard, especially near cars without a mature adult in charge.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Keep your child away from moving machines, lawn mowers, street, moving garage doors, and driveways.
- Have your child wear a good-fitting helmet on bikes and trikes.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- If you have a gun in the home, store it unloaded and locked separately from the gun.

Toilet Training
- Signs of being ready for toilet training include:
  - Dry for 2 hours
  - Knows if they are wet or dry
  - Can pull pants down and up
  - Wants to learn
  - Can tell you if they are going to have a bowel movement
- Plan for toilet breaks often. Children use the toilet as many as 10 times each day.
- Help your child wash their hands after toileting and diaper changes and before meals.
- Clean potty chairs after every use.
- Teach your child to cough or sneeze into her shoulder. Use a tissue to wipe her nose.
- Take your child to choose underwear when they feel ready to do so.

What to Expect at Your Child’s 2 ½ Year Visit

We will talk about
- Your talking child
- Getting ready for preschool
- Family activities
- Home and car safety
- Getting along with other children

Local Resources:
- Vermont 211: Provides all people in Vermont with free access to community resources through information and referral (I&R). This includes personal assistance by phone and online. Simply dial 2-1-1 from anywhere in VT. Available 24/7.
- Help Me Grow VT: Info about local services for children up to 8yrs from development specialists who can help identify children at risk of delays and coordinate services. (802-865-1323)
- Reach Up: Helps families with children by providing cash assistance for basic needs (1-800-479-6151)
- Insurance: VermontHealthConnect.gov or call 1-855-899-9600 (toll-free)
- Food and Fuel Hotline: (800) 479-6151 (toll-free)
- Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
- Poison Help: 1-800-222-1222
- Child care services: clinics and instructions for how install safely (for appt: 802-773-1746); www.seatcheck.org
- Child Care Support Services: assist in paying/finding childcare (802-747-0033)

Your Child’s Behavior
- Praise your child for behaving well.
- It’s normal for your child to protest being away from you or meeting new people.
- Listen to your child and treat them with respect. Expect others to as well.
- Play with your child each day, joining in things the child likes to do.
- Hug and hold your child often.
- Give your child choices between 2 good things in snacks, books, or toys.
- Help your child express their feelings and name them.
- Help your child play with other children, but do not expect sharing.
Parent Handout
2 ½ Year Visit

Here are some suggestions that may be of value to your family.

Learning to Talk and Communicate

- Limit TV to 1-2 hours or less each day.
- Be aware of what your child is watching on TV.
- Read books together every day. Reading aloud will help your child get ready for preschool. Take your child to the library and story times.
- Give your child extra time to answer questions.
- Listen to your child carefully and repeat what is said using correct grammar.

Getting Ready for Preschool

- Make toilet-training easier
  - Dress your child in clothing that can easily be removed
  - Place your child on the toilet every 1-2 hours
  - Praise your child when they are successful
- Try to develop a potty routine
- Create a relaxed environment by reading or singing on the potty
- Think about preschool or Head Start for your child
- Join a playgroup or make playdates.

Family Routines

- Get in the habit of reading at least once each day.
- Your child may ask to read the same book again and again.
- Visit zoos, museums, and other places that help your child learn
- Enjoy meals together as a family
- Have quiet pre-bedtime routines
- Be active together as a family
- Your family should agree on how to best prepare for your growing child.
  - All family members should have the same rules.

Safety

- Be sure your child’s car safety seat is correctly installed in the backseat of all vehicles.
- Never leave your child alone in our home or yard, especially near cars without a mature adult in charge.
- Limit time in the sun. Put a hat and sunscreen on the child before they go outside.
- Teach your child to ask if it is OK to pet a dog or other animals before touching it.
- Be sure your child wears an approved safety helmet when riding trikes or in a seat on adult bikes.
- Watch your child around grills or open fires. Place a barrier around open fires, fire pits, or campfires. Put matches well out of site and reach.
- Install smoke detectors on every level of your home and test monthly.
- Make an emergency fire escape plan.

Water Safety

- Watch your child constantly whenever they are near eater including buckets, play pools, and the toilet. An adult should be within an arm’s reach at all times when your child is in or near water.
- Empty buckets, play pools and tubs right after use.
- Check that pools have 4-sided fences with self-closing latches.

Getting Along With Others

- Give your child changes to play with other toddlers
- Have 2 of their favorite toys or have friends buy the same toys to avoid battles.
- Give your child choices between 2 good things in snacks, books, or toys.
- Follow daily routines for eating, sleeping, and playing

What to Expect at Your Child’s 3 Year Visit

We will talk about

- Reading and talking
- Rules and good behavior
- Staying active as a family
- Safety inside and outside
- Playing with other children.

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Food and Fuel Hotline: (800) 479-6151 (toll-free)

Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)

Poison Help: 1-800-222-1222

Child car seats: clinics and instructions for how install safely (for appt: 802-773-1746); www.seatcheck.org

Child Care Support Services: assist in paying/finding childcare (802-747-0033)
Parent Handout
3 Year Visit

Here are some suggestions that may be of value to your family.

Reading and Talking With Your Child

- Read books, sing songs, and play rhyming games with your child each day.
- Reading together and talking about a book’s story and pictures helps your child learn how to read.
- Use books as a way to talk together.
- Look for ways to practice reading everywhere you go, such as stop signs, or signs in the store.
- Ask your child questions about he story or pictures. Ask him to tell a part of the story.
- Ask your child to tell you about their day, friends, and activities.

Your Active Child

- Apart from sleeping, children should not be inactive for longer than 1 hour at a time.
- Be active together as a family
- Limit TV, video, tablets, and video games to no more than 1-2 hours per day.
- No TV in your child’s bedroom
- Keep your child from viewing shows and ads that may make them want things that are not healthy
- Be sure your child is active at home and preschool or child care
- Let us know if you need help or have questions about getting enrolled in preschool or Head Start.

Family Support

- Take time for yourself and to be with your partner
- Parents need to stay connected to friends, their personal interests, and work.
- Be aware that your parents might have different parenting styles than you.
- Give your child the chance to make choices.
- Show your child how to handle anger well—time alone, respectful talk, or being active.
- Stop hitting, biting, and fighting right away.
- Reinforce rules and encourage good behavior.
- Use time-outs or take away what’s causing a problem.
- Have regular playtimes and mealtimes together as a family.

Safety

- Use a forward-facing car safety seta in the back seat of all vehicles
- Switch to a belt-positioning booster seat when your child outgrows their forward-facing seat.
- Never leave your child alone in the car, house or yard.
- Do not let young brothers and sisters watch over your child.
- Your child is too young to cross the street alone.
- Make sure there are operable window guards on every window on the second floor or higher. Move furniture away from windows.
- Supervise play near streets and driveways.
- Teach your child to ask if it is OK to pet a dog or other animals before touching it.
- If you have a gun in the home, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

Playing With Others

- Playing with other preschoolers helps your child get ready for school
- Give your child a variety of toys for dress-up, make-believe and imitation.
- Make sure your child has the change to play with other preschoolers
- Help your child learn to take turns while playing games with other children.

What to Expect at Your Child’s 4 Year Visit

We will talk about

- Immunizations
- Getting ready for school
- Community involvement and safety
- Promoting physical activating and limiting TV time
- Keeping your child’s teeth healthy
- Safe inside and outside
- How to be safe with adults.

Local Resources:

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Hunger Free Vermont: 1-800-479-6151 (speak with benefits specialist)
Poison Help: 1-800-222-1222
Child car seats: clinics and instructions for how install safely (for apt: 802-773-1746); www.seatcheck.org
Child Care Support Services: assist in paying/finding childcare (802-747-0033)
Parent Handout
4 Year Visit

Here are some suggestions that may be of value to your family.

Getting Ready for School
- Ask your child to tell you about their day, friends, and activities.
- Read books together each day and ask your child questions about the stories.
- Take your child to the library and let them choose books.
- Give your child plenty of time to finish sentences.
- Listen to and treat your child with respect. Insist that others do so as well.
- Praise your child for being kind to others.
- Help your child express their feelings.
- Model apologizing and help your child to do so after hurting someone’s feelings.
- Give your child the chance to play with other often.
- Consider enrolling your child in a preschool, Head Start, or community program. Let us know if we can help.

Healthy Habits
- Be active together as a family
- Have relaxed family meals without TV
- Create a calm bedtime routine
- Have the child brush their teeth twice each day using a pea-sized amount of toothpaste with fluoride.
- Have your child spit out toothpaste, but do not rinse their mouth with water.

Safety
- Use a forward-facing car safety seat in the back seat of all vehicles
- Switch to a belt-positioning booster seat when your child reaches the weight or height limit for their car safety seat, their shoulders are above the harness slots or their ears come to the top of the car safety seat.
- Never leave your child alone in the car, house or yard.
- Do not permit your child cross the street alone.
- Supervise play near streets and driveways.
- If you have a gun in the home, store it unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.

Your Community
- Stay involved in your community. Join activities when you can.
- Use correct terms for all body parts as your child becomes interested in how boys and girls differ.
- Teach your child about how to be safe with other adults.
  o No one should ask for a secret to be kept from parents
  o No one should ask to see private parts
  o No adult should ask for help with their private parts
- Know that help is available if you don’t feel safe.

Local Resources:
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TV and Media
- Be active together as a family often.
- Limit TV time to no more than 2 hours per day.
- Discuss the TV programs you watch together as a family.
- No TV in the bedroom.
- Create opportunities for daily play.
- Praise your child for being active.
Parent Handout
5 and 6 Year Visit

Here are some suggestions that may be of value to your family.

**Healthy Teeth**
- Help your child brush their teeth twice a day: After breakfast and Before Bed.
- Use a pea-sized amount of toothpaste with fluoride
- Help your child floss their teeth once a day
- Your child should visit the dentist at least twice a year.

**Staying Healthy**
- Eat breakfast
- Buy fat-free milk and low-fat dairy foods, and encourage 3 servings each day.
- Limit candy, soft drinks, and high fat foods.
- Offer 5 serving of vegetables and fruits at meals and for snacks every day.
- Do not have a TV in your child’s bedroom.
- Make sure your child is active for 1 hour or more daily.
- Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for information on healthy eating, nutrition, and tips for picky eaters.

**Ready for School**
- Take your child to see the school and meet the teacher.
- Read books with your child about starting school.
- Talk to your child about school.
- Make sure your child is in a safe place after school with an adult.
- Talk with your child every day about things they liked, any worries, and if anyone is being mean to them.
- Talk to us about your concerns.

**Safety**
- Your child should always ride in the back seat and use a car safety seat or booster seat.
- Teach your child to swim.
- Watch your child around water.
- Use sunscreen when outside.
- Provide a good-fitting helmet and safety gear for biking, skating, in-line skating, skiing, snowboarding, and horseback riding.
- Have a working smoke alarm on each floor of your house and a fire escape plan.
- Install a carbon monoxide detector in a hallway near every sleeping area.
- If you have a gun in the home, store it unloaded and locked with the ammunition locked separately from the gun.
- Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
- Teach your child how to cross the street safely. Children are not ready to cross the street alone until age 10 or older.
- Teach your child about bus safety.
- Teach your child about how to be safe with other adults.
  - No one should ask for a secret to be kept from parents
  - No one should ask to see private parts
  - No adults should ask for help with their private parts.

**Your Child and Family**
- Give your child chores to do and expect them to be done.
- Have family routines.
- Hug and praise your child.
- Teach your child what is right and what is wrong.
- Help your child to do things for themselves.
- Child learn better from discipline than they do from punishment.
- Help your child to deal with anger.
  - Teach your child to walk away when angry or go somewhere else to play.

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