

Safety

- Check your smoke alarms
- Keep cleaning products, medicines and matches out of sight in secure, high level cupboards
- Store button batteries securely as they are very dangerous if swallowed
- Make sure hair straighteners, hot pans and the iron are never left within reach of your child.
- Look at your window blind cords through the eyes of your child, and check they are out of reach or have a safety mechanism if caught around your child's neck
- Secure tall cupboards, drawers and TVs to the wall so they can't fall over
- Practice safe sleeping for your toddler or child: www.basisonline.org.uk
- Secure upstairs windows with locks or catches, and keep your stairs safe
- Check your car seat is fitted correctly: <http://bit.ly/StaySafeOnTheRoad>

Child Accident Prevention Trust: www.capt.org.uk



Development:

Your child is learning many new skills at this time:

- Independence
- Perfecting running, climbing, they're on the go!
- Loves to play but not to share!
- Enjoys looking at books, turning the pages and listening to stories
- Turns from laughter to anger very quickly - this moment is frequently referred to as a temper tantrum.



As a parent try to be.....

- Consistent
- Cool and calm
- Be clear and concise with instructions
- Give your child choices
- Praise and reward the many positives about your child

<http://bit.ly/NHSDifficultBehaviour>

Your local Childrens Centre can help with promoting the development of your child. Find out what they have on offer, contact them today.

Central Beds: <http://bit.ly/CBChildrensCentres>

Beds Borough: <http://bit.ly/BBChildrensCentres>

Let's get talking at 2!

Wow your child is 2! Our 5 top tips to help your child's talking can be found along with videos to watch on our website: www.childspeechbedfordshire.nhs.uk

At two children are typically using around 50 words and beginning to put two words together. They should be following simple instructions and enjoying playing with you. If you have any concerns about your child's speech and language then contact us.



Dental Health

Keeping our children's teeth clean is important for good health.

A regular routine will help keep teeth healthy and decay-free. Brush teeth with adult fluoride toothpaste (no less than 1000ppm) twice a day for about 2 minutes, and keep sugary food and drink to mealtimes.

Check out Dr Ranj and Supertooth for further advice. www.youtube.com/watch?v=owbp5F0K45c



Sleep

All children are individual, therefore sleep patterns will vary from child to child.

Key factors to aid sleep:

- Calm & predictable bedtime routine
- Environment: restful, quiet and dark (A night light will help the fear of darkness)
- Avoid: caffeine & screens
- Keep: active & healthy
- Sleep is aligned to development - understanding the science is helpful: www.basisonline.org.uk
- <http://bit.ly/NHSSleepProblemsInChildren>



Immunisations

Vaccination is the most important thing we can do to protect ourselves and our children against ill health.

The nasal spray flu vaccine is free on the NHS for children 2 years plus.

Check out the immunisation schedule via: www.nhs.uk/conditions/vaccinations



Eating & Drinking

You can find information about eating well in the first years though First Steps Nutrition website.

Children from 1-4 years old need to eat well to establish good eating patterns, ensure they grow and develop appropriately, to protect their teeth and to ensure they arrive in school at a healthy body weight able to enjoy a variety of minimally processed foods.

<http://bit.ly/FirstStepsNutrition>



Getting ready for Nursery/PreSchool

Starting school is a huge step in a child's life – and it can be understandably daunting for both the child and their parents or carers. Check in with Central Beds or Beds Borough Councils for advice and support.

Local Offers

Central Beds: <http://bit.ly/CentralBedsLocalOffer>

Beds Borough: <http://bit.ly/BedsBoroughLocalOffer>

2yr funding

Central Beds: <http://bit.ly/CB2YearFunding>

Beds Borough: <http://bit.ly/BB2YearFunding>



Toilet Training

Every child is different; they learn to walk and talk at different times and they learn how to use the toilet at different times too. Most children are ready to be potty trained between 18 months and 3 years. Some of the following are signs that your child may be ready:

- Your child notices when they are doing a wee or poo, or when they think they need the toilet
- They are able to sit down on a toilet or potty and get back up again
- Your child stays dry for 1-2 hours or longer.

Remember all children are different in learning this new skill, so be patient.

Key factors to help:

- Check whether your child is physically ready
- Make connections e.g. sit them on their potty or toilet with toilet seats with nappies on
- Make sure they are drinking well: 6-8 cups of water based fluid throughout the day
- Talk about wee and poo e.g. read story books
- Go for it! Nappy Off!
- Make it fun

See ERIC Website: www.eric.org.uk

