



Improving Communication Skills

By 15 months old, your toddler is getting more active and getting better at communicating their needs and wants. Encourage your child to name things around them. Look at books together and ask your child to name something they see on the page and ask them to show you where it is. Give them time to do this- you're helping your child build connections in their brain.

Feeding Your Toddler

Looking for meal ideas? [Try this sample meal plan for your toddler.](#)

Healthy snack ideas. Snacking can be a part of balanced eating. 2-3 healthy snacks per day can keep energy levels up and give your child needed nutrients. A healthy snack can also help manage their appetite and make them feel less hungry between meals. For easy and quick kids-friendly snack ideas check: [Cookspiration.com](#).



Vaccination

Getting your child immunized protects them from a variety of diseases.

- ♥ At 15 months old, your toddler is due for the Varicella vaccine, which helps protect them from getting chicken pox.

Learning & Having Fun

Give your child time to play with you as well as on their own. Provide opportunities to try new things, but don't force them. Activity needs to be fun! Take them to the park and play on the slides and other equipment. Set time aside every day and get outside to play whenever you can.

Your Baby's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive.



Contact us to find out more or to get your child screened.



How much does my baby need?

	Guideline
Sleep	In a 24-hour period, 1-2 year olds should be getting 11-14 hours of sleep, including naps, with consistent bedtimes and wake-up times.
Movement	Your child should be getting at least 180 minutes a day of physical activity of any intensity. This includes energetic play and should be spread throughout the day. More movement is better.
Sitting time	Don't restrain your baby in things like a stroller or car seat for more than 1 hour at a time. Screen time is not recommended. When sitting with your baby, try reading, storytelling or singing with your baby.

[From: Canadian 24-Hour Movement Guidelines for the Early Years \(0-4\)](#)

Blended Family Home Visiting

As your child ages, new challenges might be faced. THU has a Blended Family Home Visiting Program that supports families as their child grows and develops.



The blended home visiting program is a voluntary program where a Public Health Nurse and Family Resource Worker provide in home support to expectant parents and families with children ages 0-6.

No matter where you are in your parenting journey, our HBHC staff are here to support you! If you are interested in the program, contact an HBHC Nurse at THU.

Managing Big Feelings

Help your child learn what works best to calm themselves when they get upset - do they need a hug, a favorite blanket or toy? Help your child understand their feelings by naming the emotion you see. For example, "I see you're angry. Do you need a hug or do you want something else? Would your stuffy or blanket help you feel better?"



Caring for New Teeth

Has your child had their teeth checked? If you need help accessing dental care for your child, the Healthy Smiles Ontario program at THU can help. Whether you have dental benefits or not, your child may qualify for the program. Contact our dental team to find out more at 1-866-747-4305 and ask to speak to a Healthy Smiles Hygienist.



Tooth Decay. Did you know that your child can get tooth decay from all day sipping on beverages like milk, juice, and other sweet drinks from a sippy cup? Many foods, including healthy foods, contain sugar that can cause tooth decay when eaten too often or left on the teeth for too long. Frequent snacking throughout the day can put your child's teeth at risk for decay. Avoid snacks that stick to the teeth. Instead of sipping on sweetened drinks, offer your child water for thirst between meals and don't forget to brush!



CONTACT US!

Call us toll free

1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse



Services de santé du
TIMISKAMING
Health Unit