



Day One Newsletter

Developmental Milestones

From the American Academy of Pediatrics—Developmental Milestones by the End of 2 Years

Movement

- Walks alone
- Pulls toys behind her while walking
- Carries large toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down from furniture unassisted
- Walks up and down stairs holding on to support

Hand and Finger Skills

- Scribbles spontaneously
- Turns over container to pour out contents
- Builds tower of four blocks or more
- Might use one hand more frequently than the other

Language

- Points to object or picture when its named for him
- Recognizes names of familiar people, objects and body parts
- Says several single words (by 15 to 18 months)
- Uses simple phrases (by 18 to 24 months)
- Uses two-to four-word sentences
- Follows simple instructions
- Repeats words overhead in conversation

Cognitive

- Finds objects even when hidden under two or three covers
- Begins to sort by shape and colors
- Begins make-believe play

Social

- Imitates behavior of others, especially adults and other children
- Increasingly aware of herself as separate from others
- Increasingly enthusiastic about company of other children

Emotional

- Demonstrates increasing independence
- Begins to show defiant behavior
- Episodes of separation anxiety increase toward midyear than fade



Developmental Health Watch

Alert your pediatrician; however, if he displays any of the following signs of possible developmental delay for this age range.

- Cannot walk by 18 months
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on his toes
- Does not use two-word sentences by age 2
- By 15 months, does not seem to know the function of common household objects (brush, telephone bell, fork, spoon)
- Does not imitate actions or words by the end of this period
- Does not follow simple instructions by age 2
- Cannot push a wheeled toy by age 2

West Virginia
Hospital Association

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Inside this issue:

Developmental Milestones 1

News To Use 2

West Virginia Poison Control Center

How Your Poison Center Helps You

You Can Prevent Poisonings At Home

Poison Prevention Tips

First Aid for Poisonings 3

Information & Reminders 4

Day One program update

News to Use

YOUR POISON CENTER

Call FAST to treat a poisoning!

In the US, poison centers provide immediate treatment advice for poison emergencies. They also provide information about poisons and poison prevention, 24 hours a day, 7 days a week.

Call FIRST to prevent a poisoning!

Poisons can hurt you—or even kill you—if you eat them, breathe them, or get them in your eyes or on your skin. The poison center can help you with questions about:

- ? household chemicals
- ? chemicals at work or in the environment
- ? drugs (prescription, over-the-counter, herbal, illegal, or animal medicine)
- ? snake bites, spider bites or scorpion bites

For life-saving treatment advice about any kind of poison, call 1-800-222-1222. A specially trained nurse, pharmacist or doctor at your poison center will help. All services are free and confidential.

POISON PREVENTION TIPS

Store Poisons Safely

- ♥ Store medicines and household products locked up, where children cannot see or reach them.
- ♥ Store poisons in their original containers.
- ♥ Use child-resistant packaging. But remember—nothing is child-proof.

Use Poisons Safely

Read the label. Follow the directions on medicines and products.

Are children around? Take the product or medicine with you to answer the door or the phone.

Lock products and medicines up after using them.

Is it medicine? If so, call it medicine, not candy.

Children learn by imitation. Take your medicines where children can't watch.

Teach Children to Ask

Poisons can look like food or drink. Teach children to ask an adult before eating or drinking anything.

YOU CAN PREVENT POISONINGS IN YOUR HOME

Products and medicines can hurt you if they are used in the wrong way, in the wrong amount, or by the wrong person.

Conduct a check of your home to find potential poisoning risks and take the proper steps to poison-proof your home. Listed below are common poisons found in homes and the most common rooms to find these poisons. There are many items not included on this list, so take time to read the labels on any products that you have in your home. Be sure to put all of these items out of the reach of children and store as recommended on the product labels. If you have questions about any products, call your poison center for answers about use and storage of those products.

KITCHEN

oven cleaners, drain openers, alcoholic beverages and furniture polish.

BEDROOM

Medicines

BATHROOM

Toilet bowl cleaners

Hair permanent solutions and relaxers

Nail products such as polish and polish remover

Mouthwash

GARAGE AND STORAGE ROOMS

Pesticides

Rust Remover

Gasoline

Kerosene

Paint Thinner

Lighter Fluid

Lamp Oil

Antifreeze

Windshield Washer Fluid

YARD AREA

Wild Mushrooms

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Building Blocks for a Bright Baby



Information & Reminders



West Virginia Poison Center

**Toll Free
Emergency Line:**

1-800-222-1222