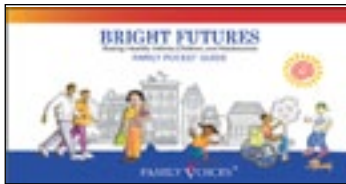


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CHILD DEVELOPMENT



The information in this issue is taken from the new Bright Futures Family Pocket Guide, developed by FamilyVoices IMPACT. To order a copy, go to: <http://bit.ly/BrightFutures-FamilyPocketGuideorders>

With an Improving Understanding of MCH grant, FamilyVoices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. www.familyvoices.org and www.brightfuturesforfamilies.org. This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

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Children on the “Grow”

Children grow and develop in so many ways and change quickly from babies to toddlers to teens. As parents, we provide love and support. And, just as our children change, our role as parents changes too. We must learn when to help, when to set limits, and when to stand back as they take steps toward adulthood. Every child is different and develops at his own rate.

EARLY CHILDHOOD (1-4 years): Learning to Use the Potty



Look for signs that your child is ready to start toilet training, usually around age two or later. Girls are typically ready sooner than boys. For children with special needs, it might be later. Signs include staying dry for 2 hours, knowing when she has to go, being able to pull pants up and down, and showing interest in using the potty.

Praise your child for trying, and when accidents happen, be patient. Remind him to tell you when he needs to use the potty.

ADOLESCENCE (11-21 years): School Responsibilities



Emphasize the importance of school. Help your teen find subjects she enjoys and can succeed in, as well as some that are interesting and challenging.

Monitor and guide your teen as he assumes more responsibility for schoolwork. Many youth need help organizing and setting priorities as they transition to high school.

RESOURCES:

Centers for Disease Control and Prevention (CDC):

- Learn the Signs. Act Early: www.cdc.gov/ncbddd/actearly/index.html
- Child Development and Positive Parenting: www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html

American Academy of Pediatrics (AAP) Healthy Children:

- Age/stage information. www.healthychildren.org/English/ages-stages/Pages/default.aspx

