



Child's name _____ Date _____
 Age _____ Relationship to child _____

M-CHAT-R™ (Modified Checklist for Autism in Toddlers Revised)

Please answer these questions about your child. Keep in mind how your child usually behaves. If you have seen your child do the behavior a few times, but he or she does not usually do it, then please answer **no**. Please circle **yes** or **no** for every question. Thank you very much.

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|--|-----|----|
| 1. If you point at something across the room, does your child look at it?
(FOR EXAMPLE , if you point at a toy or an animal, does your child look at the toy or animal?) | Yes | No |
| 2. Have you ever wondered if your child might be deaf? | Yes | No |
| 3. Does your child play pretend or make-believe? (FOR EXAMPLE , pretend to drink from an empty cup, pretend to talk on a phone, or pretend to feed a doll or stuffed animal?) | Yes | No |
| 4. Does your child like climbing on things? (FOR EXAMPLE , furniture, playground equipment, or stairs) | Yes | No |
| 5. Does your child make <u>unusual</u> finger movements near his or her eyes?
(FOR EXAMPLE , does your child wiggle his or her fingers close to his or her eyes?) | Yes | No |
| 6. Does your child point with one finger to ask for something or to get help?
(FOR EXAMPLE , pointing to a snack or toy that is out of reach) | Yes | No |
| 7. Does your child point with one finger to show you something interesting?
(FOR EXAMPLE , pointing to an airplane in the sky or a big truck in the road) | Yes | No |
| 8. Is your child interested in other children? (FOR EXAMPLE , does your child watch other children, smile at them, or go to them?) | Yes | No |
| 9. Does your child show you things by bringing them to you or holding them up for you to see – not to get help, but just to share? (FOR EXAMPLE , showing you a flower, a stuffed animal, or a toy truck) | Yes | No |
| 10. Does your child respond when you call his or her name? (FOR EXAMPLE , does he or she look up, talk or babble, or stop what he or she is doing when you call his or her name?) | Yes | No |
| 11. When you smile at your child, does he or she smile back at you? | Yes | No |
| 12. Does your child get upset by everyday noises? (FOR EXAMPLE , does your child scream or cry to noise such as a vacuum cleaner or loud music?) | Yes | No |
| 13. Does your child walk? | Yes | No |
| 14. Does your child look you in the eye when you are talking to him or her, playing with him or her, or dressing him or her? | Yes | No |
| 15. Does your child try to copy what you do? (FOR EXAMPLE , wave bye-bye, clap, or make a funny noise when you do) | Yes | No |
| 16. If you turn your head to look at something, does your child look around to see what you are looking at? | Yes | No |
| 17. Does your child try to get you to watch him or her? (FOR EXAMPLE , does your child look at you for praise, or say “look” or “watch me”?) | Yes | No |
| 18. Does your child understand when you tell him or her to do something?
(FOR EXAMPLE , if you don't point, can your child understand “put the book on the chair” or “bring me the blanket”?) | Yes | No |
| 19. If something new happens, does your child look at your face to see how you feel about it?
(FOR EXAMPLE , if he or she hears a strange or funny noise, or sees a new toy, will he or she look at your face?) | Yes | No |
| 20. Does your child like movement activities?
(FOR EXAMPLE , being swung or bounced on your knee) | Yes | No |

Ht:

Date:

Wt:

Head:

18 MONTH VISIT

You are in full blown toddler mode now! Your toddler is running and walking, going up stairs with help, talking tons (but may only have 10-20 words), scribbles great, and is trying to get clothing on/off. It's VERY busy right now at your house!

Development

1. Do not expect your child to share; praise her when she does.
2. Tantrums are coming or are in full-force. This sort of behavior is very normal but should receive little to no reaction/attention/conversation from you. The more you ignore such outlandish behavior, the faster it will dissipate.
3. Hitting/biting/pushing are also common behaviors that seemingly come out of nowhere. This sort of behavior deserves a consistent response from everyone, usually taking the form of a stern "No Biting! Biting hurts!" Follow this with plopping your toddler on the ground and walking away. Any witnesses to the event should shower love and attention on the parent/child that was bit/hit/pushed. These behaviors will pass with consistent responses.

Injury Prevention

1. Use rear-facing car seats **EVERY TIME**.
2. Supervise all play in the street and driveway. Children this age do not understand the dangers of these areas.
3. Never leave your child unattended in the car. You should develop good habits to not forget your child in the car: leave the diaper bag in the front seat but leave your purse/wallet/keys/cellphone in the back, use a safety mirror so you get used to seeing your child, put a stuffed animal in the car seat that goes in the front seat when your child is in the car seat.
4. Never leave your child unsupervised near tubs, pools, or any water.
5. Please read the handout on Poisonings, as your toddler will get into everything!
6. Take the following steps to limit mosquito exposure here in muggy Chattanooga
 - Avoid evenings outside, which is tough to do
 - Wear light colored clothing with long sleeves
 - Use repellent. I've found that low DEET products work best especially if applied on the OUTSIDE of clothing
 - Eliminate any standing water around your home: low points in the yard, planters, plastic toys, even a bottle cap is enough to breed 1000's of mosquitos
 - Treat bites with topical and/or oral diphenhydramine (Benadryl)
 - Keep nails trimmed to limit scratching

Nutrition

1. Food likes and dislikes change at this age. Avoid mealtime struggles. Again, remember to not worry about what your child eats (or doesn't eat). Children at this age do not eat much, especially at dinnertime. Do not turn meals into a battle. They will win.

Next Visit

We don't see you for 6 months at the 2 Year Visit! Call us if you need anything before then.

We will check her lead level again with a finger poke. If your baby had low iron or anemia previously, be sure to remind us to recheck that at the next visit.

Lots will happen between now and then. If it hasn't happened already, your toddler will have a language explosion where everyday seems like a new word enters his vocabulary. He'll come running in next time asking for stickers!

Protect Your Child From Poison



Children can get very sick if they come in contact with medicines, household products, pesticides, chemicals, or cosmetics. This can happen at any age and can cause serious reactions. However, most children who come in contact with these things are not permanently hurt if they are treated right away.

The following is information from the American Academy of Pediatrics on how to prevent and treat poisonings in and around your home.

Prevention

Most poisonings occur when parents are not paying close attention. While you are busy doing other things, your child may be exploring closets or under bathroom sinks, where dangerous household items are often stored. Children are at risk for poisoning because they like to put things into their mouths and taste them. Remember to always keep a close eye on your child. Watch your child even more closely when you are away from home—especially at a grandparent's home, where medicines are often left out and within a child's reach.

The best way to keep your child safe from poisoning is to lock up dangerous household items out of your child's reach, including

- Medicines (especially those that contain iron)
- Cleaning products like dishwasher and laundry detergents, bleach, ammonia, and furniture polish
- Antifreeze, paint thinners, and windshield washer fluid
- Gasoline, kerosene, lamp oil
- Pesticides
- Alcohol

Always store medicines and household products in their original containers. Children can get confused if you put them in containers that were once used for food, especially empty drink bottles, cans, or cups. Also, many dangerous items look like food or drinks. For example, your child may mistake powdered dish soap for sugar or lemon liquid cleaner for lemonade.

Poison Help

- 1-800-222-1222 is a nationwide toll-free number that directs your call to your local poison center.
- Call 1-800-222-1222 if you have a poison emergency. This number will connect you right away to your nearest poison center. A poison expert in your area is available 24 hours a day, 7 days a week. Also call if you have a question about a poison or poison prevention. You can find prevention information at <http://poisonhelp.hrsa.gov>.
- Be prepared. Post the Poison Help number by every phone in your home and program the number in your cell phone. Be sure that caregivers and babysitters know this number.

How to make your home poison-safe

In the kitchen

- Store medicines, cleaners, lye, furniture polish, dishwasher soap, and other dangerous products in locked cabinets, out of sight and reach of children.
- If you must store items under the sink, use safety latches that lock every time you close the cabinet.

In the bathroom

- Keep all medicines in containers with safety caps. But remember, these caps are child resistant, not childproof, so store them in a locked cabinet.
- Get rid of leftover or expired medicines.
 - Take medicines to your police department if they have a drug collection program.
 - Check if your community has a household hazardous waste disposal program that takes medicines.
 - Mix medicines with coffee grounds or kitty litter, seal tightly in a plastic bag or container, and discard where children cannot get them. Remember to remove labels with personal information from prescription medicines.
 - Only flush medicines down the toilet or pour down the drain if the patient information materials say it's OK to do so.
- Store everyday items like toothpaste, soap, and shampoo in a different cabinet from dangerous products.
- Take medicine where children cannot watch you; they may try to copy you.
- Call medicine by its correct name. You don't want to confuse your child by calling it candy.
- Check the label every time you give medicine. This will help you to be sure you are giving the right medicine in the right amount to the right person. Mistakes are more common in the middle of the night, so always turn on a light when using any medicine.

In the garage and basement

- Keep paints, varnishes, thinners, pesticides, and fertilizers in a locked cabinet.
- Read labels on all household products before you buy them. Try to find the safest ones for the job. Buy only what you need to use right away.
- Open the garage door before starting your car to prevent carbon monoxide poisoning.
- Be sure that coal, wood, or kerosene stoves and appliances are in good working order. If you smell gas, turn off the stove or gas burner, leave the house, and call the gas company.