

Child's Name _____

Filled out by: _____

Date of Birth _____

Relationship to child _____

Today's date _____

Modified Checklist for Autism in Toddlers (M-CHAT)

Please fill out the following about how your child **usually** is. Please try to answer every question. If the behavior is rare (e.g., you've seen it once or twice), please answer as if the child does not do it.

1.	Does your child enjoy being swung, bounced on your knee, etc.?	Yes	No
2.	Does your child take an interest in other children?	Yes	No
3.	Does your child like climbing on things, such as up stairs?	Yes	No
4.	Does your child enjoy playing peek-a-boo/hide-and-seek?	Yes	No
5.	Does your child ever pretend, for example, to talk on the phone or take care of dolls, or pretend other things?	Yes	No
6.	Does your child ever use his/her index finger to point, to ask for something?	Yes	No
7.	Does your child ever use his/her index finger to point, to indicate interest in something?	Yes	No
8.	Can your child play properly with small toys (e.g. cars or bricks) without just mouthing, fiddling, or dropping them?	Yes	No
9.	Does your child ever bring objects over to you (parent) to show you something?	Yes	No
10.	Does your child look you in the eye for more than a second or two?	Yes	No
11.	Does your child ever seem oversensitive to noise? (e.g., plugging ears)	Yes	No
12.	Does your child smile in response to your face or your smile?	Yes	No
13.	Does your child imitate you? (e.g., you make a face-will your child imitate it?)	Yes	No
14.	Does your child respond to his/her name when you call?	Yes	No
15.	If you point at a toy across the room, does your child look at it?	Yes	No
16.	Does your child walk?	Yes	No
17.	Does your child look at things you are looking at?	Yes	No
18.	Does your child make unusual finger movements near his/her face?	Yes	No
19.	Does your child try to attract your attention to his/her own activity?	Yes	No
20.	Have you ever wondered if your child is deaf?	Yes	No
21.	Does your child understand what people say?	Yes	No
21.	Does your child sometimes stare at nothing or wander with no purpose?	Yes	No
23.	Does your child look at your face to check your reaction when faced with something unfamiliar?	Yes	No

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<http://www.dbpediatrics.org/media/mchat>

Ht:

Date:

Wt:

Head:

2 YEAR VISIT

Since when did you have a TWO YEAR OLD? Wow, how time flies! Remember, the “Terrible Twos” is normal and the sign of a healthy, thriving child! Sometimes, most times rather, it’s really hard to remember that . . .

Development

1. **Potty Training:** I like the term “Potty Encouraging.” Your child will figure it out all on her own. You just need to be there to encourage her and offer the potty. Some signs that she may be ready:
 - Does your child stay dry during naps?
 - Does your child have special words for urination and/or bowel movements?
 - Does your child recognize that she has gone or is about to go?
 - Is she eager to watch you go? Great! Let her!
2. Your two year old should have friends that he likes to play with, and they like to play with him.
3. Some two years olds may no longer take naps. Ugh. Turn naps into “quiet time” if that last nap is dropped some time over the course of this year.
4. Bedtime rituals are more important than ever to encourage healthy sleep.
5. Offering choices and putting your two year old “in charge” of decision-making goes a long way towards preventing confrontation. “Red shoes or blue shoes?” “Turkey or ham?” “Bath before dinner or after?”

Injury Prevention

1. You can now turn the car seat around. It is best to keep your child in a five-point restraint car seat for as long as you can. Most seats go up to 60-100 lbs, so don’t move to a booster until as old as possible. Get your new car seat inspected as riding in the car is the most dangerous thing your child does every day.
2. Water and choking remain significant risks to your two year old.
3. Read the handouts on water safety and playground safety.
4. Keep firearms unloaded in a locked case. Keep ammunition stored separately.
5. Teach your child about the dangers of chasing a pet or a ball into the street. **DO NOT** depend on your child to remember these instructions. Closely supervise children near roads.
6. Teach your child not to approach or pet strange animals, especially when the animal is eating.
7. Begin to talk to your child about not following strangers and about not accepting touching they do not like by others. Do not make your child hug or kiss people when they do not want to. Play “what if” games to teach your child about dealing with strangers. For example, “what if someone wanted you to help them look for a puppy in the woods?” See what your child would do. Teach your child what he/she should do in these situations. Teach them where their “private parts” are and that private parts are *private*.

Nutrition

1. It’s best to focus on what your two year old eats over the course of a week. If you worry about the day-to-day, meals will become more and more frustrating. Realize that toddlers will eat great one day and then nothing the next.
2. Almost all toddlers eat enough calories to grow. If you worry about their nutrition, then use a daily vitamin so you can stop worrying.

Next Visit

You’ve graduated! Unfortunately for us, we only get to see you guys once a year now. Some parents come around the birthday. Some come every fall break or other convenient time. It is a good idea to avoid late June until early August for your yearly check. These are especially busy times here at the office.

Remember annual flu vaccines, but no more scheduled vaccines until age four.

Don’t hesitate to call with any questions or concerns.

Take advantage of walk-in clinics and Saturday hours if needed. We can do xrays and simple stitches if needed.

Playground Safety



Each year, about 200,000 children get hurt on playground equipment with injuries serious enough to need treatment in the emergency department. About 15 children die each year from playground injuries. While many of these injuries happen on home equipment, most occur at school and public playgrounds.

Read on to find out how you can tell if the playground equipment at your home or child's school or in your neighborhood is as safe as possible.

How are children injured?

Most playground injuries occur when children fall off tall equipment like monkey bars. Other injuries happen when children

- Trip over equipment
- Get hit by equipment, such as a swing
- Get bruises, scrapes, or cuts from sharp edges

Some injuries, such as head injuries, can be serious or even fatal.

Other injuries may include broken bones, sprains, and wounds to the teeth and mouth.

How to prevent playground injuries

To check if play equipment is safe, ask yourself the following questions:

- Is the equipment the right size? For example, smaller swings are for smaller children and can break if larger children use them.
- Is the play equipment installed correctly and according to the manufacturer's directions?
- Can children reach any moving parts that might pinch or trap any body part?
- What's underneath the equipment? The best way to prevent serious injuries is to have a surface that will absorb impact when children land on it. This is especially needed under and around swings, slides, and climbing equipment. (See "What are safer surfaces?").
- Is wooden play equipment free of splinters and nails or screws that stick out?

Here are some other things to check for.

Climbing structures

- Platforms higher than 30 inches above the ground intended for use by school-aged children should have guardrails or barriers to prevent falls.
- Vertical and horizontal spaces should be less than 3½ inches wide or more than 9 inches wide. This is to keep a small child's head from getting trapped.
- Rungs, stairs, and steps should be evenly spaced.
- Round rungs to be gripped by young hands should be about 1 to 1½ inches in diameter.

Slides

- Slides should be placed in the shade or away from the sun. Metal slides can get very hot from the sun and burn a child's hands and legs. Plastic slides are better because they do not get as hot, but they should still be checked before using.
- Slides should have a platform with rails at the top for children to hold. There should be a guardrail, hood, or other device at the top of the slide that requires the child to sit when going down the slide. Open slides should have sides at least 4 inches high.
- Make sure there are no rocks, glass, sticks, toys, debris, or other children at the base of a slide. These could get in the way of a child landing safely. The cleared area in front of the slide should extend a distance equal to the height of the slide platform, with a minimum of 6 feet and a maximum of 8 feet cleared.

Swings

- Swings should be clear of other equipment. Make sure there is a distance in front of and behind a swing that is twice the height of the suspending bar.
- Swing seats should be made of soft materials such as rubber, plastic, or canvas.
- Make sure open or "S" hooks on swing chains are closed to form a figure 8.
- Walls or fences should be located at least 6 feet from either side of a swing structure.
- Swing sets should be securely anchored according to the manufacturer's instructions to prevent tipping. Anchors should be buried deep enough so that children can't trip or fall over them.
- Swings should not be too close together. There should be at least 24 inches between swings and no more than 2 seat swings (or 1 tire swing) in the same section of the structure.

Remember, even with these measures, children still need to be watched closely while they are playing.

The danger of wearing drawstrings and bicycle helmets on playground equipment

Drawstrings on clothing and bicycle helmets can strangle a child if they get caught on playground equipment. The best way to prevent this is to take drawstrings off jackets, shirts, and hats and shorten drawstrings on coats and jackets. Bicycle helmets should be worn while riding a bicycle, but *not* while playing on playground equipment.

What are safer surfaces?

Safer surfaces make a serious head injury less likely to occur if a child falls. This is because they are made to absorb the impact of a fall. Some examples of safer surfaces include the following:

- Wood chips, mulch, or shredded rubber—at least 9 inches deep for play equipment up to 7 feet high.
- Sand or pea gravel—at least 9 inches deep for play equipment up to 5 feet high.
- Rubber outdoor mats—make sure they are safety tested for playground equipment.

Check loose-fill surfaces often. They should be raked at least once a week to keep them soft. They also should be refilled often to keep the correct depth. Poured-in-place surfaces should be checked continually for wear. Concrete, asphalt, packed earth, and grass are *not* safe surfaces and should not be used under playground equipment.

No surface is totally safe. Many injuries are preventable, but they can sometimes occur even at the safest playgrounds and with the best supervision. Be prepared to handle an injury if it does occur.

For more information about playground safety and safer surfaces or to get a copy of the *Handbook for Public Playground Safety*, visit the US Consumer Product Safety Commission Web site at www.cpsc.gov.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

American Academy
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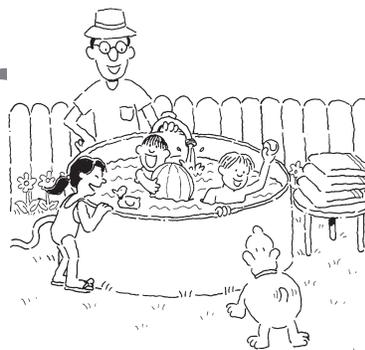
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A Parent's Guide to Water Safety



Drowning is one of the top causes of injury and death in children. Children can drown in pools, rivers, ponds, lakes, or oceans. They can even drown in a few inches of water in bathtubs, toilets, and large buckets.

The following is information from the American Academy of Pediatrics (AAP) about how to keep your children safe in or around water.

Water safety at home

Parents need to keep a close eye on infants and young children, especially as they learn to crawl. *To keep your child safe, make sure you*

- **Never leave your child alone in the bathtub—even for a moment.** Many bathtub drownings happen (even in a few inches of water) when a parent leaves a small child alone or with another young child. Also, bath seats are just bathing aids. Bath seats can tip over and your child can slip out of them, so they won't prevent drowning.
- **Empty water from containers, such as large pails and 5-gallon buckets, immediately after use.**
- **Keep bathroom doors closed.** Install doorknob covers or a hook-and-eye latch or other lock that is out of the reach of your small child.
- **Keep toilets closed.** Always close the toilet lid, and consider using a toilet lid latch.

Water safety at the pool

An adult should actively watch children at all times while they are in a pool. For infants and toddlers, an adult should be in the water and within arm's reach, providing "touch supervision." For older children, an adult should be paying constant attention and free from distractions, like talking on the phone, socializing, tending to household chores, or drinking alcohol. The supervising adult must know how to swim.

Pool rules

If you have a pool, insist that the following rules are followed:

- Keep toys away from the pool when the pool is not in use.
- Empty small blow-up pools after each use.
- No tricycles or other riding toys at poolside.
- No electrical appliances near the pool.
- No diving in a pool that is not deep enough.
- No running on the pool deck.

Pool fences

Children can climb out a window, climb through a doggy door, or sneak out a door to get to the backyard and the pool. To prevent small children from entering the pool area on their own, there should be a fence that completely surrounds the pool or spa. Combined with the watchful eyes of an adult, a fence is the best way to protect your child and other children who may visit or live nearby.

Pool fences should also

- Be climb-resistant and not have anything alongside them (such as lawn furniture) that can be used to climb them.
- Be at least 4 feet high and have no foot-holds or handholds that could help a child climb them.

- Have no more than 4 inches between vertical slats. Chain-link fences are very easy to climb and are not recommended as pool fences. If they must be used, the diamond shape should not be bigger than 1¾ inches.
- Have a gate that is well maintained and is self-closing and self-latching. It should only open away from the pool. The latches should be higher than a child can reach—54 inches from the bottom of the gate.
- For above-ground pools always keep children away from steps or ladders. When the pool is not in use, lock or remove ladders to prevent access by children.

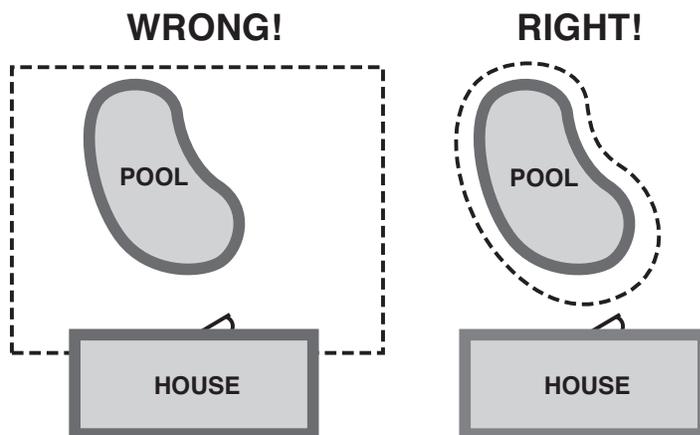
Other protection products, when used with an "isolation" fence, may be of some benefit; however, these are not substitutes for adequate fencing. These may include the following:

- Automatic pool covers (motorized covers operated by a switch). Pool covers should cover the entire pool so that a child can't slip under them. Make sure there is no standing water on top of the pool cover. Be aware that floating solar covers are *not* safety covers.
- Door alarms.
- Doors to the house that are self-closing or self-latching.
- Window guards.
- Pool alarms.

Swimming lessons

Children need to learn to swim. The AAP supports swimming lessons for most children 4 years and older and for children 1 to 4 years of age who are ready to learn how to swim. Keep in mind that because children develop at different rates, each child will be ready to swim at her own time. Also, swimming lessons do not provide "drown-proofing" for children of any age, so supervision and other layers of protection are necessary—even for children who have learned swimming skills.

Some factors you may consider before starting swimming lessons for younger children include frequency of exposure to water, emotional maturity, physical limitations, and health concerns related to swimming pools (for



A fence should completely surround the pool, isolating it from the house.

example, swallowing water, infections, pool chemicals). While some swim programs claim to teach water survival skills to children younger than 12 months, evidence does not show that they are effective in preventing drowning.

Swim classes should be taught by qualified teachers. For children younger than 3 years, the World Aquatic Babies & Children Network recommends that parents must participate, the time the head is submerged under water is limited (swallowing too much water can make your child sick), and classes should be fun and include one-on-one teaching.

Pool conditions should be monitored to make sure chemical and water temperature levels are safe. Another safety measure is to check with the pool operator if there are protective drain covers or vacuum release systems.

Diving

Serious spinal cord injuries, permanent brain damage, and death can occur to swimmers who dive into shallow water or spring upward on the diving board and hit it on the way down.

Keep safe by following these simple commonsense diving rules.

- Check how deep the water is. Enter the water feet first, especially when going in for the first time.
- Never dive into above-ground pools; they are usually not deep enough.
- Never dive into the shallow end of a pool.
- Never dive through inner tubes or other pool toys.
- Learn how to dive properly by taking classes.

Water safety in other bodies of water

Swimming in a pool is different from swimming in other bodies of water. In addition to rules for pool safety, parents and children should know the rules for swimming in oceans, lakes, ponds, rivers, and streams. *These include*

- Never swim without adult supervision.
- Never dive into water unless an adult who knows the depth of the water says it's OK.
- Always use an approved personal flotation device (life jacket) when boating, riding on a personal watercraft, fishing, waterskiing, or playing in a river or stream. Water wings and other blow-up swimming aids should not be used in place of life vests.
- Never try water sports such as skiing, scuba diving, or snorkeling without instructions from a qualified teacher.
- Never swim around anchored boats, in motorboat lanes, or where people are waterskiing.
- Never swim during electrical storms.
- If you swim or drift far from shore, stay calm and tread water, or float on your back until help arrives.
- Other water hazards found near many homes include canals, ditches, postholes, wells, fishponds, and fountains. Watch your child closely if he is playing near any of these areas.

Life jackets and life preservers

If your family enjoys spending time on the water, make sure everyone wears an approved personal flotation device or life jacket. Some people think life jackets are hot, bulky, and ugly. However, today's models have improved in looks, comfort, and protection. Many states require the use of life jackets and

life preservers. They must be present on all boats traveling in water supervised by the US Coast Guard. Remember, without wearing a life jacket, your child is not protected.

Keep the following tips in mind:

- A life jacket should not take the place of adult supervision.
- Choose a life jacket that fits your child's weight and age. It should be approved by the US Coast Guard and tested by Underwriters Laboratories (UL). Check the label to be sure. The label should also say whether the jacket is made for an adult or a child.
- Teach your child how to put on her own life jacket and make sure it is worn the right way.
- Blow-up water wings, toys, rafts, and air mattresses should never be used as life jackets or life preservers.

In an emergency

The following are ways to be ready for an emergency:

- **Learn CPR.** Anyone caring for or watching children should know CPR (cardiopulmonary resuscitation). CPR can save a life and help reduce injury after a near drowning. The American Red Cross, the American Heart Association, and your local hospital or fire department offer CPR training.
- **Always have a phone near the pool.** Clearly post your local emergency phone number (usually 911).
- **Post safety and CPR instructions at poolside.**
- **Make sure all rescue equipment is nearby.** This includes a shepherd hook, safety ring, and rope.

The following are things to do in an emergency:

- **Yell for help.** Carefully lift the child out of the water.
- **Start CPR right away.** Have someone call emergency medical services (911).

Don't drink and swim

Swimmers are at serious risk of drowning when they drink alcohol or use other drugs while swimming, diving, and playing water sports. These activities require clear thinking, coordination, and the ability to judge distance, depth, speed, and direction. Alcohol impairs all of these skills. People who are supervising other swimmers should not be using alcohol or drugs.

Never swim alone

No one, adult or child, should ever swim alone. Children should be supervised at all times in and around water. Even a child who knows how to swim can drown a few feet from safety.

Older children and teens are also at risk from drowning, even if they know how to swim. They often drown while swimming in unsupervised places such as water-filled quarries, rivers, or ponds. Although many teens can swim well, they often encounter risky situations that they might not recognize, such as rough currents, surf, and sharp rocks. Alcohol is also a factor in many drownings among teens.

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