

# Grow Up Healthy!

alaskachildrenstrust.org



alaska children's trust



## What immunizations do I need?

If your child has any medical conditions that put them at risk for infections or is traveling outside of the U.S., talk to your child's doctor about additional vaccines they may need

**When I grow up, I want to be:**

### 4 - 6 years

- DTaP
- IPV
- Influenza (yearly)
- MMR
- Varicella (Chickenpox)



**My favorite book:**

**4**

**Iñupiaq**  
oomingmak:  
musk ox

### 2 - 3 years

- Influenza (yearly)



**My favorite food:**



**Yup'ik**  
asveruuq:  
walrus

**2**

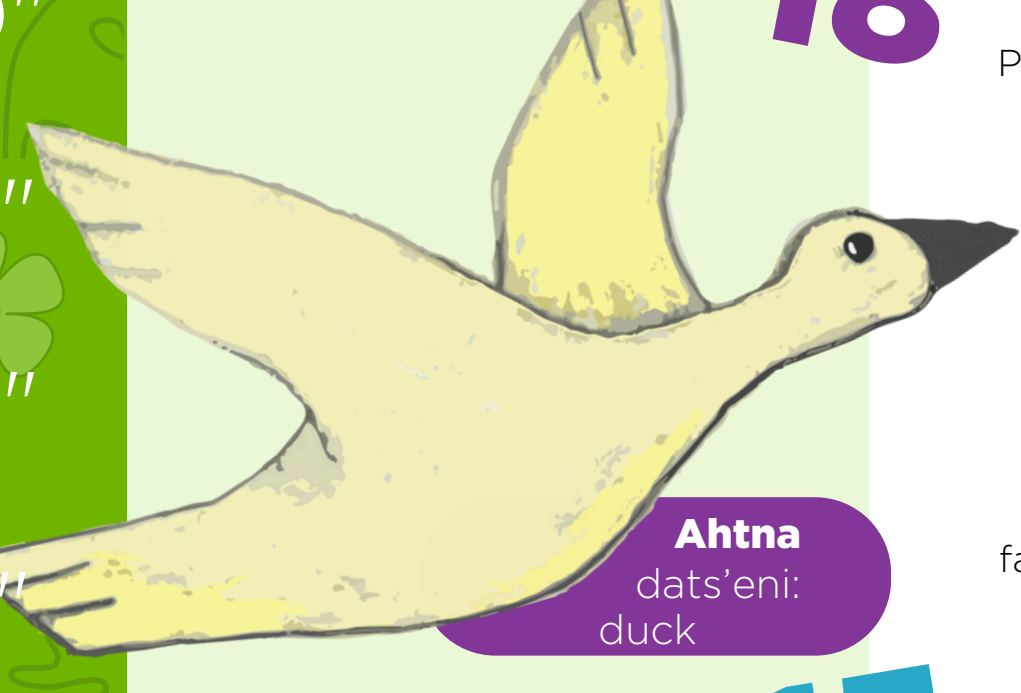
### 18-23 months

- Influenza (yearly)
- Hepatitis A



**19-23**

**I love my:**



**Ahtna**  
dats'eni:  
duck

**18**

### 12-15 months

- DTaP
- Hib
- PCV
- Influenza (Yearly)
- MMR
- Varicella (Chickenpox)
- Hepatitis A

**My first word was:**

**15**

**12**

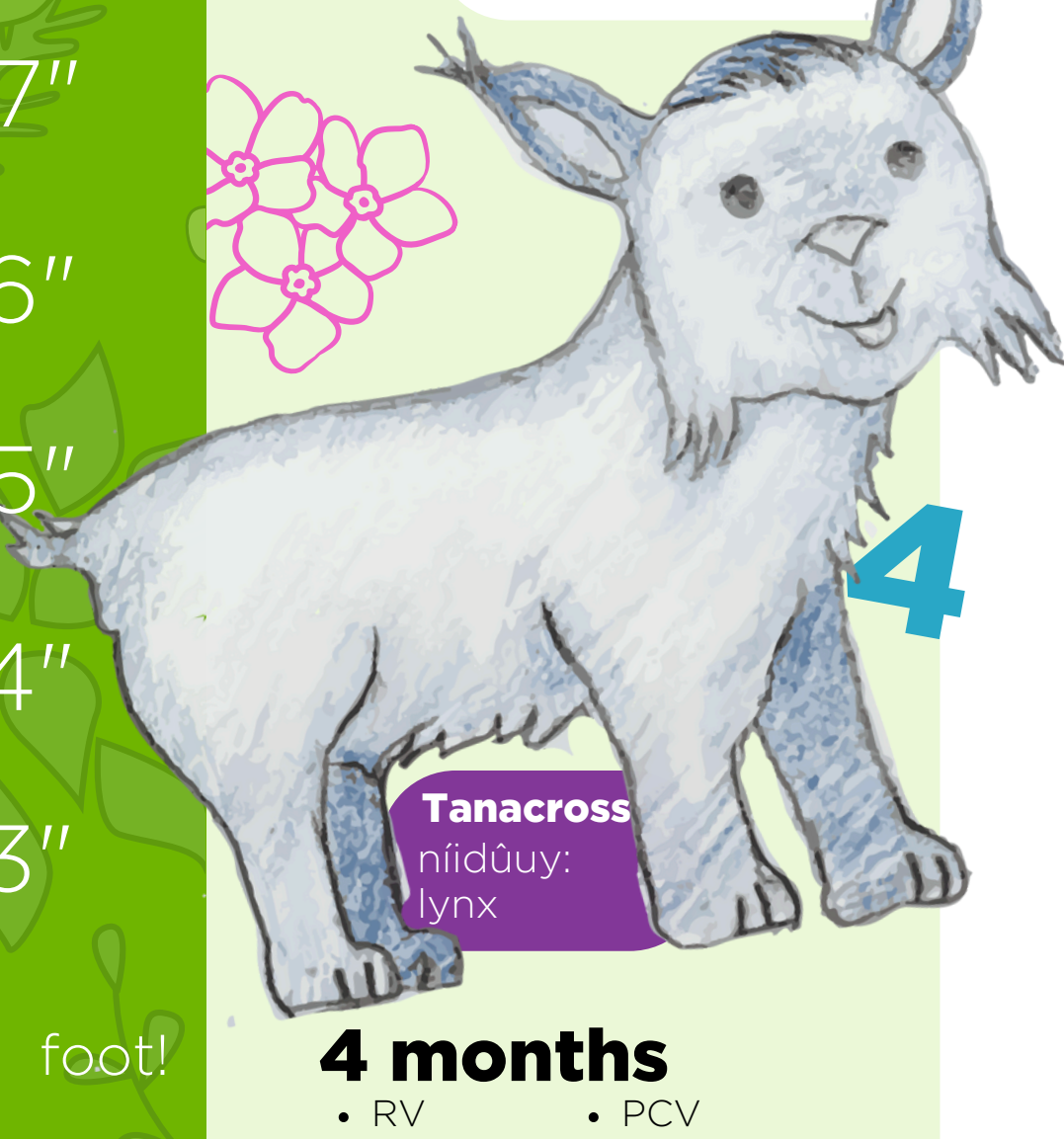
### 6 months

- Hepatitis B
- RV (if brand indicated)
- DTaP
- COVID-19
- Hib
- IPV
- Influenza

**6**

**I rolled over!**

(Date)



**Tanacross**  
nīdūuy:  
lynx

**4**

### 4 months

- RV
- DTaP
- Hib
- PCV
- IPV

**birth - 2**

### birth - 2 months

- Hepatitis B (at birth and at 1-2 months)
- RV
- RSV
- DTaP
- Hib
- PCV
- IPV

**I was born on: at**

(Date)

(Time)



**Lingít**  
k'óox:  
marten

**years**

Show more independence from parents and family

Start to think about the future

Have less focus on one's self and more concern for others

Show rapid development of mental skills

**years**

Speaks very clearly

Tells a story using full sentences

Can print some letters and numbers

Hops on one foot

Likes to sing, dance, or act

Counts to 10

**years**

Tells stories

Cooperates with other children

Enjoys doing new things

Uses scissors

Catches a bounced ball most of the time

Understands the idea of "same" and "different"

**years**

Shows concern for a crying friend

Can name most familiar things

Talks well enough for others to understand most of the time

Uses a fork

Runs easily

Plays pretend with dolls, animals, and people

**years**

Gets excited when with other children

Says sentences with 2 to 4 words

Follows two-step instructions such as "Pick up your shoes and put them in the closet"

Builds tower of 4 or more blocks

Kicks a ball

Points to things in a book

**months**

Plays mainly alongside other children

Follows 2-step commands

Plays simple make-believe games

Throws ball overhand

Knows names of familiar people and body parts

**months**

Points to show others something interesting

Says several single words

Points to one body part

May walk up steps and run

Shows affection to familiar people

Tries to use a spoon

**months**

Imitates what you are doing

Drinks from a cup

Scribbles on their own

Takes a few steps on his own

Claps when excited

**months**

Plays games with you, like pat-a-cake

Says "mama" and "dada"

Copies gestures (for example, waves "bye bye")

Repeats sounds or actions to get attention

May stand alone

**months**

Knows familiar people

Responds to own name

Responds to other people's emotions and often laughs

Explores objects with mouth

Rolls over in both directions

Takes turns making sounds with you

**months**

Makes cooing sounds

Smiles on his own to get your attention

Reaches for toy with one hand

Brings hands to mouth

Responds to affection

When on stomach, pushes up to elbow

**months**

Recognizes caregiver's voice

Starts to smile

Calms down when rocked, cradled, or sung to

Watches when you move

Makes sounds other than crying

**What milestones have I reached?**

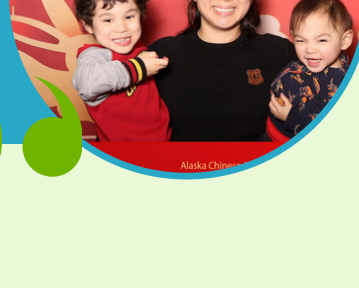
Milestones adapted from Caring for Your Baby and Young Child: Birth to age 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann circa 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and Bright Futures: Guidelines for health supervision of infants, children, and adolescents, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This is not an exhaustive list of milestones from 0-6 years. See more at: [cdc.gov/Milestones](http://cdc.gov/Milestones).



## Positive Affirmations

- 1 It's okay to make mistakes
- 2 I am doing my best
- 3 My kids love me, even when they're angry
- 4 Good parents can have bad days
- 5 I keep working to be better for my child
- 6 I am proud of myself
- 7 I prioritize the rest I need
- 8 It's okay if plans change
- 9 I can ask for help
- 10 I can't control the future, but I'm prepared to meet its challenges

“At times, raising kids can be really difficult. Remember, you are not alone and others have, and are walking a similar path as you. As a parent to two young kids with family thousands of miles away, I've learned to lean on a network of friends, coworkers, and parent groups on social media for support.”



## Parenting Tips

### Infants (0 - 1 year)

- Talk to your baby. She will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.
- Read to your baby. This will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.
- Play with your baby when she's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.
- Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn't touch.
- Take care of yourself physically, mentally, and emotionally. Parenting is hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.



Alutiiq qagiyaq: puffin

### Toddlers (1 - 2 years)

- Read to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage him to explore and try new things.
- Help to develop your toddler's language by talking with her and adding to words she starts. For example, if your toddler says "baba", you can respond, "Yes, you are right—that is a bottle."
- Encourage your child's growing independence by letting him help with dressing himself and feeding himself.
- Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs). Always tell or show your child what she should do instead.
- Encourage your toddler's curiosity and ability to recognize common objects by taking field trips together to the park or going on a bus ride.

### Toddlers (2 - 3 years)

- Set up a special time to read books with your toddler.
- Encourage your child to take part in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child to explore things around her by taking her on a walk or wagon ride.
- Encourage your child to tell you his name and age.
- Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.
- Give your child attention and praise when she follows instructions and shows positive behavior and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that she's upset.

### Preschoolers (3 - 5 years)

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases. Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).




Unagam Tunuu isux̂: harbor seal

### Middle Childhood (6 - 8 years)

- Show affection for your child. Recognize their accomplishments.
- Help your child develop a sense of responsibility—ask them to help with household tasks, such as setting the table.
- Talk with your child about school, friends, and things they look forward to in the future.
- Talk with your child about respecting others. Encourage them to help people in need.
- Help your child set their own achievable goals—they'll learn to take pride in herself and rely less on approval or reward from others.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.
- Get involved with your child's school. Meet the teachers and staff and get to understand their learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Use discipline to guide and protect your child, rather than punishment to make him feel bad about himself. Follow up any discussion about what not to do with a discussion of what to do instead.
- Support your child in taking on new challenges. Encourage her to solve problems, such as a disagreement with another child, on her own.

“Fatherhood can be frightening. As a parent—bio, step, or otherwise—men carry the expectation to always be all things without reward or to fail without expecting grace. But as we continue to learn that parenting is only about one thing—the children—we set ourselves free from the judgment of other adults, receive healthy advice from the ones we can trust, and keep our children the focal point of imperfect but genuine parenting, and with it, the laughter, love, and stability every child needs and deserves.”



## Parenting Style

I show my child that I love them by \_\_\_\_\_.

My child has the most fun when they are doing \_\_\_\_\_.

I feel closest to my child when we're doing \_\_\_\_\_ together.

I want to teach my child about \_\_\_\_\_ just like my caregivers taught me. (name one thing your caregiver did that you are inspired by).

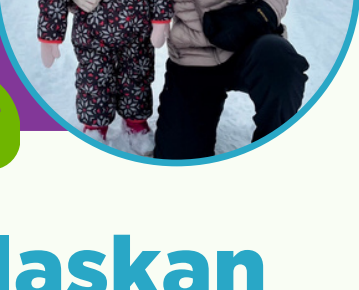
I want to be more intentional about \_\_\_\_\_ (name one thing your caregiver did that you might do differently with your child)

\_\_\_\_\_ sometimes makes me anxious as a parent, but I know that I can turn to \_\_\_\_\_ with my questions.

3 words that describe my parenting style are: \_\_\_\_\_

1 word that I hope will describe my parenting in the future is: \_\_\_\_\_

“Parenting can be hard but everyday we do our best as parents. We see our little girl growing up and it makes us happy to see her get bigger and bigger and hit those precious milestones.”



## Vaccines Protect Kids

- DTaP** protects against diphtheria, tetanus, and pertussis
- Hib** protects against Haemophilus influenzae type b
- Hep A** protects against Hepatitis A
- Hep B** protects against Hepatitis B
- Influenza** protects against flu
- IPV** protects against polio
- MMR** protects against measles, mumps, and rubella
- PCV** protects against pneumococcal disease
- RV** protects against rotavirus
- Varicella** protects against chickenpox
- RSV** protects against Respiratory syncytial virus
- COVID-19** protects against COVID-19

## Alaskan Resources

