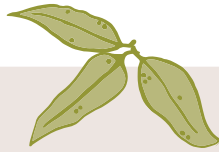


# Toddlerhood Menu



## MY CHILD AND ME

- Being the best parent I can be
- Feeding my child
- Finding good child care
- Good choices about TV, music and books
- Keeping my child healthy
- My child is changing and growing
- Playing with my toddler
- Substance use and my child
- Teaching my child good sleep habits
- Teaching my child to behave
- Teaching my child to use the toilet
- What if my child has health problems?
- What's new and what's next?



## MY FAMILY AND FRIENDS

- Communicating well with others
- Finding supports and services
- Getting along with family and friends
- My culture
- Safe and healthy relationships
- What if someone is hurting me?



## MY HOME

- Keeping my child safe from accidents
- Keeping my child safe outside
- Keeping my home safe
- My community



## MY HEALTH

- Being healthy, staying healthy
- Healthy eating
- Sex and pregnancy



## MY LIFE

- Am I ready to address change?
- Finding time to do everything
- Getting a job
- Getting ready to say goodbye
- Setting and achieving goals