

# He's Walking!!

My son will be 15 months old on October 11, which makes him due for his next check-up with the doctor. I made the appointment today and found out that all 15-month appointments are made with our pediatric nurse rather than our regular pediatrician, whom we really like. We like the nurse also, but some of her ideas about health care are a bit extreme for our tastes. For example, she thinks sippy (sippie?) cups are just about the worst things ever invented. Her opinion is that a child should be weaned off the bottle around 1 year of age and that he or she should be given a regular cup with just a little bit of water in it. No juice, nothing but water and milk with meals. Ok, that's fine, but once the baby becomes a toddler, the nurse teaches that they should only be given a glass of water at the sink, several times a day. No bottle, and certainly no sippie cup ought to be carried around the house or elsewhere. I personally don't have a problem with my kids drinking (especially if it's water!) away from the sink or out of a sippie cup – I don't really have the time to be cleaning up even more spills around here, which is what would happen if my kids didn't graduate to sippie cups from bottles. I have three kids who have weaned off of sippie cups just fine. So anyway, the nurse is nice but can be kind of a stickler about certain things...

And as for the newest milestone – he's walking! He's been walking for awhile now, but before Sunday, it was only a few steps at a time. Then he started walking with little push-toys, and he was really good with those; he would make push-toys out of things that weren't even supposed to be push-toys, like my daughters' step-stools, strollers, etc. He's gotten so good at maneuvering the push-toys that he can practically run while pushing, and by now, he's also great at steering them. We took a walk today, and instead of putting him in his stroller, I let him push his push-toy down the sidewalk, and

he was off and running! He got so excited that he took a hand off the push-toy, raised it in a wave, and yelled "Hi!" to the kids playing in the schoolyard we passed. But aside from all of these awesome first steps (pun intended), he really officially started walking yesterday. Yesterday was the first day he began to take lengthy jaunts across the house on two legs without the assistance of a push-toy. He was on a roll; he'd walk over, pick something up, and then straighten up to throw or pass the object rather than flopping down onto his knees and going into a crawl as he would have done weeks ago. So, my son is taking baby steps to learn to walk, haha. But we think that yesterday was a big breakthrough, err, a big **step** for his learning to walk, and I would bet that by this time next month, he will be walking and running around just like a full-fledged toddler... wonder what the nurse will say about that when she has to chase him all over the room?