

# DUNWOODY PEDIATRICS

## TODDLER CARE FROM AGE 18 TO 24 MONTHS

Date: \_\_\_\_\_

Weight: \_\_\_\_\_ Percentile: \_\_\_\_\_ Head Circumference: \_\_\_\_\_ Percentile: \_\_\_\_\_

Height: \_\_\_\_\_ Percentile: \_\_\_\_\_

Immunizations received today: Dtap \_\_\_\_\_ Polio \_\_\_\_\_ MMR \_\_\_\_\_ Hepatitis A \_\_\_\_\_

Hepatitis B \_\_\_\_\_ Hib \_\_\_\_\_ Varicella \_\_\_\_\_

### NUTRITION

◆ **Milk:** 2–3 servings whole milk a day (6–8 oz. per serving). 1 oz of cheese is equivalent to 6 oz milk. Other milk products include yogurt, cottage cheese, pudding, ice cream or frozen yogurt.

◆ **Meats:** 2 servings a day. A serving size is 1 ounce (2 tablespoons). Meat, poultry, fish or eggs are good choices. 1 oz. meat contains the same amount of protein as 2 Tbsp. creamy peanut butter, 1 oz. cheese, or ½ cup cooked beans/peas.

◆ **Fruits/Vegetables:** 4 servings of each a day, a serving size is ¼ cup. Try for 1 serving of a fruit or vegetable high in Vitamin A, such as peaches, broccoli, carrots, squash, or sweet potatoes. Serve at least 1 fruit or vegetable high in Vitamin C, such as orange juice, broccoli, spinach or Vitamin C enriched apple or white grape juice.

◆ **Breads/Cereals:** 4 servings a day, a serving size is ½ slice bread, ½ cup cereal, or ¼ cup pasta.

• Avoid nuts, fruits with seeds, raw carrots, popcorn, hard candy, gum, and whole hot dogs.

These are choking hazards. Remember to supervise mealtime.

### DENTAL HEALTH

Continue good dental care. Brush your child's teeth daily using a small, soft toothbrush and plain water. Floss between their teeth afterward if they will permit you. It is important that this become part of their routine to instill habits for a lifetime. Avoid fluoride toothpaste. (Gerber's, Oragel, First Teeth, Tom's of Maine are all good alternatives.)

### SLEEPING

An afternoon nap is still needed for your toddler as well as an early bedtime. Continue being consistent with bedtime routines. Changing rooms/beds, losing a favorite cuddly toy/blanket, or being away from home may all disrupt sleep. Illness, teething, and dreaming may also awaken them. If your child awakens during the night, check on safety, comfort, have as little interaction as possible, and quickly leave the room. If you stay calm and follow a consistent pattern every night, they will soon put themselves back to sleep. In most cases, changing from a crib to a bed can wait until age 2.

### ELIMINATION

At this age your child may show an interest in toilet training. Have a pottyseat (that sits on the floor), available in the bathroom and give positive reinforcement only to encourage its use. Look for signs that your child is interested and ready. Signs of readiness include: bowel movements that occur on a fairly predictable schedule, diaper is not always wet, will follow simple instructions, an shows interest in imitating other family members in toileting activities, possesses good motor skills for walking and sitting well, and shows a desire to please parents. Even if your toddler is not quite ready, continue to familiarize him/her with the process, keeping the potty chair handy and, in very simple terms, explaining how it works.

### **DEVELOPMENT/PLAY**

Toddlers love to imitate and this should be encouraged. They enjoy dolls, safe tools, houseware articles, balls, push-pull toys, stacking blocks and scribbling. Make sure objects have no sharp edges or small removable parts. They may be able to climb stairs holding on to your hand but usually only one step at a time. As your toddler's vocabulary increases they can identify parts of the body, and can use directional words such as "up, down, go, in, out, and come." Since they are also becoming aware of sexual differences, you should use and teach correct terms for bodily functions and parts. Curiosity with sexual anatomy is common, as is genital exploration.

Toddlers do not know how to share yet. Therefore, toys taken from each other will cause great disturbances including biting, pinching, hitting and temper tantrums. Continue to read to your toddler to increase vocabulary, instill a love of reading, and provide closeness of parent and child.

### **DISCIPLINE**

They need firm but gentle guidance to understand good from bad behavior and the expectations placed on them. Setting limits aids in the development of self-control. Gradually form your list of rules, giving precedence to issues of safety, such as not running into the street, and to the prevention of harm to others (hitting, biting, etc.). Then focus on "nuisance" behavior such as throwing food, screaming in public, etc. Pleasing you is very important to your toddler, so praise and positive reinforcement are powerful rewards that can motivate good behavior. Time-out is a form of discipline used to interrupt unacceptable behavior by removing your child from the scene placing them in a boring place, (such as a playpen, corner of a room, chair, or bedroom for a brief period of time). Time-out is much more effective than spanking, threatening, or shouting at your child, since it allows for a cooling off period for both the child and the parent. Timeout should last about 1 minute per year of age and never more than 5 minutes.

### **SAFETY**

Accidents are more common when your child is not adequately supervised or in a different setting such as a relative or friend's house. Continue to reassess the safety of your toddler's play area and update it as necessary. Continue using an approved carseat correctly. Above all, keep an eye on your toddler **all the time**.

*Your child's next well visit should be at 2 years of age.*

### **Additional Resources for Parents**

Your One Year Old, Ames and Ilg (1983)

Caring For Your Baby and Young Child: Birth to Age 5 (4<sup>th</sup> ed.), AAP (2004)

11/21/05

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