

Sanford Pediatrics, PA

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6th WELL CHILD VISIT

12-18 Months

Suggested Diet:

Choose your child's diet from the basic food groups:

- Dairy: Give two to three 6 to 8 ounce servings of milk per day. Many children will begin to dislike milk once they reach one year of age, so you may have to substitute other dairy products for milk. To get the same amount of calcium as one cup of milk, you may substitute one and one half slices of cheese or two one inch cubes of cheddar cheese. A serving of yogurt will also provide the needed calcium.
- Meats: Give two servings each day. Serving size is one ounce (two tablespoons). If your child does not like meat, you may substitute two tablespoons of creamy peanut butter, once ounce of cheese or one half cup of dry beans or peas.
- Fruits and Vegetables: Give about four servings a day. One serving is about one half of a fresh fruit or one quarter cup of canned fruit or vegetables. Fruits and vegetables are important for your child's nutrition and may also help prevent constipation. American Academy of Pediatrics suggests limiting juices to 1-2 cups daily (less than 12 ounces).
- Breads and Cereals: Give about four servings per day. A serving size is about one half slice of bread or one half cup of cereal. Whole grain or enriched breads and iron fortified cereals with bran or fiber are most nutritious. Try to avoid cereals loaded with sugar.

Feeding reminders:

- Try to get the child to use the cup. Do not let him/her sleep with the bottle as this can cause tooth decay. Aim toward weaning off the bottle by 12 months.
- Although your child can have most of the same foods as the rest of the family, there are a few exceptions. Avoid highly spiced or deep fat fried foods. The child can easily choke on nuts, fruits with seeds or pit, round foods like grapes or hot dogs, stringy vegetables, raw carrots, popcorn, hard candy or gum. When in doubt, cut the food into bits that are safe for the child to manage.
- Try to make eating time quiet and not rushed. Do not allow the child to walk or run with food in his/her mouth as this invites choking accidents.
- The actual nutritional requirements for the child are quite small at this age and therefore the child's appetite will often seem abnormally small. Children this age are often very picky with what they will eat. All of this can cause considerable dismay among family members, particularly grandparents. Remember that as long as the child is growing well as determined by

measurements at will child visits, all is well. Try not to worry about the child's eating habits too much. Just do your best to offer a good nutritious diet in appropriate portions at each meal, give the child a reasonable time to eat the food, and then clear it away.

- Avoid getting into the habit of using bribes to get the child to eat. Try not to substitute sweets for nutritious foods just because you are afraid the child is not getting enough.

Development:

The child can or soon will:

- Walk well alone, stoop and recover objects without falling down.
- Build a tower of two cubes.
- Scribble spontaneously with a pencil or crayon.
- Use about four to six words plus unintelligible mumblings called "jargon".
- Point to body parts when asked.
- Point to pictures in a book.
- Indicate wants by pointing or vocalizing.
- Show anxiety when separated from mother/father.

Toilet Training:

Your child may show a passing interest in the potty chair or even tell you when he/she is wet. Generally toilet training is much easier if you wait until the child is ready, usually close to two years of age. Signs of toilet training readiness include the child's desire to please parents and imitate adults, good motor skills of being able to raise and lower underpants and the ability to tell the parent when he/she feels the urge to use the toilet or when he/she has wet or soiled the diaper.

Playtime:

- Your toddler will be on the go all the time. He/She continues to want to show independence but needs an environment that is safe to explore and requires constant supervision.
- Imitative behaviors such as sweeping, dusting, and playing with dishes and dolls will be interesting at this age.
- Suggested toys include stuffed animals, cars, trucks, pull toys and books. Remember to avoid toys with small parts which could become detached, put into mouth and cause choking.
- Suggested play activities include drawing, reading books and playing chase.

Safety:

- While playing outside, the toddler should be constantly watched. Fence in the yard if possible to prevent wandering into driveways and streets.
- Make sure pools and open bodies of water are properly fenced to prevent accidental drowning.
- Poison proof your house! Check storage cabinets for kerosene, solvents, paints and drain cleaners. Either lock such chemicals up or throw them away. Keep all medicines up out of reach as well. If poisoning should occur, call the poison control center at 1-800-848-6946.

- Never leave the child alone in the bathtub or near a pool of water, not even for a second!
- Avoid burns and scalds. Check for lighters or matches left around the house or yard. Turn handles of skillets or pots away from the edge of the stove. Set your hot water heater thermostat to 120 degrees or less. Teach your child the meaning of "hot".
- Secure your toddler in a crash tested child restraint when riding in the car. The American Academy of Pediatrics recommends toddlers remain rear facing until 2 years of age. Always set a good example by wearing your seat-belt as well.
- Secure doors that lead to stairways, driveways, or storage areas. Use guards on windows or in front of wall heaters, stoves or fireplaces.
- Make sure older siblings do not leave their toys or other belongings lying around the house for the toddler to find. Such items may have small parts which could be removed and present a choking hazard.
- If there are firearms (guns) in the house keep them out of reach, locked up and unloaded.

Sleep problems:

- Establish a consistent bedtime and bedtime routine or ritual. Try to allow for a cooling down period of about 30 minutes before starting the bedtime ritual.
- If the child awakens during the night, first wait about five minutes and listen to see if the child will go back to sleep on his/her own before going to check on him/her. If he/she is truly awake, go check on things but try to keep interaction with the child to an absolute minimum. Don't even turn on the lights, just softly speak to the child, rub his/her back and help him/her find a stuffed animal or other favorite security device.
- Try to avoid taking the child to your bed unless you do not mind this becoming a habit. If the child comes to your bed in the night, gently escort the child back to his/her bed and sit with him/her for a brief time to comfort the child, then return to your bed.
- Avoid nighttime feedings or bottles. This is not needed for nutrition and promotes tooth decay.
- If you feel you are having unusually severe problems with your child, call our office for some advice. Every family is different and sometimes solutions to such problems require major ingenuity.

Discipline:

- Discipline is a form of teaching and guiding your child to help him/her learn self-control, respect for others rights and to live by society's rules. Infants of one year of age need reasonable limits set to help them learn what we expect of them.
- Most 12-15 month old children understand the meaning of "no." Parents must be consistent to teach children. Thus "no" means "no" for the same thing every day. At this age children often say "no" in return. Toddlers at this age are trying to be independent but cannot judge what correct behavior is sometimes
- Some children start to understand time out about this age. Children learn quickly to recognize when a parent is inconsistent about discipline and learn to manipulate the situation. This leads to

a power struggle and loss of parental control.

- Try to avoid "corporal punishment" such as spanking or slapping as children of this age especially will mimic your behavior.

- Be aware of several methods children can use to fight back –

--temper tantrums: if a child throws a tantrum do not worry that he/she will injure him/herself seriously as long as they are in a safe location. Just try to ignore the child and avoid eye contact. The lack of any attention or feedback will soon teach the child there is no reward for the behavior and the child will stop doing it. Never give the child his/her way as a result of a tantrum To do so only encourages the child to continue the practice

-- breath-holding spells: in response to a parent's disciplinary action, some children will either voluntarily or involuntarily hold their breath until they pass out. This behavior can understandably be very alarming to parents. Be assured that no damage will result to the child from this. Once he/she passes out, involuntary breathing will resume as triggered by the body's reflexes. Eventually this type of behavior will cease.

Immunizations:

At this age, several immunizations are normally recommended. One is the first MMR vaccine (measles, mumps and rubella). This shot can cause a fever and a red skin rash usually about 1-2 weeks after the shot is given. There is a 1 in 5 chance for this reaction so most children have no problems. The fever and rash only last 1-2 days.

Next visit:

Depending on your child, we may recommend the next visit at 15 months or 18 months of age.