

Sanford Pediatrics, PA

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Sanford, NC 27330

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7th WELL CHILD VISIT

18-24 Months

Suggested diet:

- Dairy: Give two to three cups of milk per day. If your child refuses milk, you may have to substitute other dairy products. 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 of 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:

- 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. Mealtimes should be supervised.
- Children at this age are growing at a slower pace than they did during their first year of life. Because of this, they may not eat as much per day as parents and/or grandparents think to be adequate. Do not get into battles with your child over food. 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:

Your child can or soon will:

- Leave parent to play with others, but checks back often
- Use 10 words, although only family members may understand them. The child may be able to use two word phrases.
- Name several body parts
- Look at pictures in a book and name the objects in the pictures
- Turn pages of a book
- Copy simple crayon strokes
- Build a tower of 3 to 4 blocks
- Use a spoon with some spillage
- Throw a ball
- Walk without falling, seat self, walk down stairs with hand held, climb into an adult chair
- Use the word "no"

Toilet Training:

Your child may show passing interest in the potty chair or even tell you when he/she is soiled or wet. Signs of readiness include the child's desire to please the parent and imitate adults. They should also have good motor skills of sitting and walking well and the willingness and ability to tell the parent when he/she feels the urge to use the toilet. Some books you may find helpful include *Toilet Training in Less Than A Day* by Nathan Azrin or *Parent's Book of Toilet Training* by Joanne Cole. A book geared toward children is *Once Upon A Potty* by Alone Frankel.

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. Set a time for bed with a story or quiet time beforehand. Be firm when it comes to bedtime and be consistent every night.
- Your child may have a favorite toy or blanket or suck his/her thumb. This is normal for this age and helps him/her handle moments of stress. Having a “security device” in the child’s bed will help him/her go to sleep initially and to go back to sleep after nighttime awakenings.
- 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. This is not needed for nutrition and promotes tooth decay.

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. Toddlers come face to face for the first time with the reality that they are not the center of attention all the time and that their own desires have to fit into the family structure. Parents often make the mistake of expecting their toddlers to act like little adults, which they obviously are not.
- Toddlers need limits set to help them learn what is expected of them and to protect them from harmful situations. You may find your child will obey well one day and not the next – this is normal and to be expected. Don’t fall into the habit of calling them “bad.” The child is too young to truly understand “good” and “bad” or right from wrong – that is what as a parent we are helping them with at this age.
- Praise your child for correct behavior. Children tend to learn much more quickly the behaviors you approve of than the ones you disapprove of.
- Be consistent with discipline! For time out at this age you are realistically looking at 1-2 minutes.
- Try to avoid "corporal punishment" such as spanking or slapping as children of this age especially will mimic your behavior.

- As toddlers realize there are rules to follow, they sometimes respond with acts of frustration, such as temper tantrums or breath holding spells.

--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.

-Biting other children can become a problem at this age. The best way to deal with this is with "time out." Do not bite the child back as this sends the child a mixed message that it is alright for you to bite but not for him/her.

Immunizations:

Your child may receive vaccines today. Please review the information on our website or provided to you at your visit for additional information.

Next visit:

Your child's next visit will be at two years of age. After that time, we begin seeing your child for well visits annually unless there are additional concerns.