

CORINTH FAMILY MEDICINE & PEDIATRICS

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12-18 MONTH WELL EXAM

NUTRITION:

Babies triple their weight in the 1st year. During their 2nd year, growth slows down; thus, their hunger becomes more sporadic, leading to picky eaters! Ensure that your children are eating healthy food, but do not engage in food battles.

- Snacks are a very important part of your toddler's diet. Keep cups of nutritious snacks available throughout the day. Have them sit down with the family during mealtime, even if they don't eat but one bite, as it is important for them to learn the value of family mealtime. Start to transition to 3 meals per day with 2-3 snacks each day.
- Avoid choking hazards: hard nuts, popcorn, chips, hot dogs, sausages, carrot sticks, celery, whole grapes, raisins, hard candy, or tough meat.
- You may now transition from formula to whole milk. Limit milk intake to 16 to 24 oz per day. Use pasteurized whole milk, not low-fat. Toddlers need this fat for continued brain development.
- It is important for toddlers and children to drink plain water when they are thirsty. 4-6oz of juice may be given each day but we recommend diluting the fruit juice at least to half strength with plain water.
- Make sure your daycare provider is giving healthy snacks.
- Dental Care: Brush teeth with a small, soft toothbrush and a small amount of fluoride toothpaste (about the size of a grain of rice). Schedule a dental checkup for your toddler. Stop all bottles and pacifiers and don't put your child to bed with a container of juice, milk or other sugar containing fluid, as this causes early dental cavities.

BEHAVIOR:

Your toddler will present you with many challenges with their ever-increasing independence. Toddlers will thrive with parents who are patient and confident, setting limits and not taking tantrums personally. Establish a few short and simple rules and enforce them consistently. Set limits by using distraction, gentle restraint, and time out. Praise good behavior! Tantrums are best dealt with by not acknowledging them (avoid eye contact). Give your child simple words to use to describe their emotions ("mad" or "sad") or express wants. If a tantrum should involve biting or hitting, then discipline using time out is necessary. Try to anticipate and prevent tantrums by planning for hunger, sleepiness, and boredom.

- Other than video chatting with family, exposure to "screens" (TV, tablets, smartphones, etc.) is discouraged at this age.
- Reading aloud, interactive storytelling, and singing are all great ways to help promote language development.
- Toddlers are not usually ready to practice toilet training until their second birthday; however, the social desire to potty independently may not develop until the third year.
- Have your child console herself with a special blanket or stuffed animal at bedtime. Maintain a consistent, age-appropriate bedtime. I recommend 7:30-8:30 for most toddlers and young children.

SAFETY:

After one year of age, accidents become the number one cause of injury and death!

- Car Seats: It is still safer for the child's car seat to be facing backwards until he or she reaches the manufacture's maximum weight or height (usually around age 2). Always keep children in the back seat.
- Childproof your home! View the world from the eyes of your child! Get down on the floor and recognize everything that is going to catch your toddler's eye. Watch for choking hazards like plastic bags or balloons. Remove dangling telephone, electrical, blinds or drapery cords from your toddler's reach. Utilize gates and locks appropriately. All medication, cleaning supplies, poisons, etc. should be locked in upper cabinets. Survey for hazards such as sharp corners, electrical sockets, razors on bathtub, pet food, etc. Survey the garage for potential dangers as well (gasoline, paints, tools, etc.).
- Never leave your child unattended near water (bathtub, swimming pool, toilet, etc.). Even an inch of water in a bucket can be a drowning hazard to a child. Make sure swimming pools have an enclosed fence with a self-closing, self-latching gate. Lower hot water heater to 120°F and continue to test water on wrist.
- Turn pan handles toward the back of the stove, and watch out for tablecloths with hot liquids or heavy objects on them. Also keep children away from ironing boards and irons.
- Use sunscreen and insect repellent. Remember to avoid allowing your baby to overheat in the sun, car, etc.
- All parents & other caregivers should learn CPR.
- Second-hand smoke exposure is very dangerous for your child. Do not smoke around your baby, in your home or car.
- Make sure the smoke detectors and carbon monoxide monitors are operational in your home.
- Have the poison control hotline readily available (1-800-222-1222). Call immediately after any suspected poisoning.
- Use gates to block off the stairs and place safety devices on windows. Secure bookcases and dressers to the wall so they don't fall on your toddler.
- Outside: Supervise your child at all times. Keep them away from machinery and be cautious around dogs.
- Choose daycare providers who are mature, trained, responsible, and recommended by others. Do not allow your daycare provider to administer corporal punishment.
- Never shake a baby. Irreversible brain damage can occur to infants and toddlers whom are shaken.