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FOR YOUR 18 MONTH OLD

diet

Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with fingers and a spoon.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, hard candies, or hot dogs that may choke your toddler.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein.

It is fine to continue to breastfeed your toddler after 1 year of age. Continue prenatal vitamins while breastfeeding.

Your toddler should drink 16-20 oz. of whole milk each day. Too much milk can lead to picky eating and possibly iron-deficiency anemia.

It is time to wean from the bottle. Put the milk in a "sippy" cup instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most babies do not need additional vitamins.

Your job as parent is to choose the best foods for your child. Offer 3 regular meals & healthy snacks. Make feeding time happy. It is your child's job to decide how much to eat and even if to eat at all.

If you have a family history of food allergies, please consult our office before introducing foods that contain peanuts, nuts, fish, or shellfish.

Avoid any peanut butter and peanut containing products or shellfish before 2 years of age.

AVERAGE DIET FOR TODDLERS:

Cereals - Iron-fortified infant cereal (rice, mixed barley, or oatmeal), cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits - Fresh stewed, or baked, small pieces of fruits according to chewing ability - use unsweetened 100% juice fresh or from concentrate.

Vegetables - Fresh steamed or broiled, canned or frozen, refrain from raw vegetables-offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats and poultry or served in soups; use strained toddler meats as a sandwich spread-avoid fried foods and chunks of meat.

Dairy - Soft mild cheeses (cottage, cream, American, cheddar), pudding, yogurt, margarine, or butter.

Eggs - Coddled, poached, scrambled, hard-boiled, egg salad or omelet.

Fish - Mild fish fillets, salmon, tuna, fish sticks - Watch for bones and hard breading! Try to avoid shellfish until age two.

Starch - Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

sleep

A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your toddler to sleep more or less than the average.

Most toddlers take 1 nap at this age.

development (18-24 months)

Walks quickly, walks backwards, climbs into chair, runs, jumps, dresses with help.

Puts 2 words together, uses about 50 words, communicates with gestures, points to named body part or object, understands commands.

Uses spoon/fork, uses cup, scribbles, stacks blocks.

Likes to play with other children, plays pretend games, talks on the phone.



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safety

Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler's environment.

Guns are dangerous! Keep gun and ammunition locked in separate places.

Lock cabinets and keep cleaners, medications, plastic bags, and small objects away from your toddler.

Keep the Poison Control number by your telephone; (800) 222-1222.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride.

other things to keep in mind

Use a small, soft toothbrush to clean your toddler's teeth everyday.

Have your toddler's shoes properly fitted in length and width, buy flexible shoes.

behavior / discipline

Be consistent. Praise good behavior. Avoid too many rules. Say "No", and then physically remove your child from a dangerous situation. Do not yell or spank. Be a good role model.

All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry.

Ignore attention-seeking tantrums – do not try to reason with your toddler.

Securely hold your toddler until he relaxes if there is danger of injury.

suggested reading

"What to Expect the Toddler Years"

"Caring for Your Toddler and Young Child"

infant tylenol dosage

(every 4 hours)

18-23 lbs. = 1.2mL (1 1/2 dropper)

24-35 lbs. = 1.6mL (2 droppers)

infant motrin dosage

(every 6-8 hours)

18-23 lbs. = 1.875mL (1 1/2 dropper)