


TIPS FOR AGE: 12-23 months


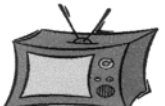




South Lake Pediatrics
www.southlakepediatrics.com
952-401-8300



South Lake Pediatrics
Infant, Child & Adolescent Care

The Daily 5-2-1-0

	5	servings fruits and vegetables
	2	hours limit on screen time (TV, computer and video games)
	1	hour active play or exercise
	0	liquid calories (pop, sweetened juices or sports drinks)

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For more advice, check out our website at www.southlakepediatrics.com for links and information, or talk to your South Lake clinician.

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Committee on Nutrition and Healthy Lifestyles

CAR SEAT SAFETY

- If your child is under twenty pounds, the car seat should be facing backwards.
- Always place car seats in the backseat.
- For more information on car seat safety, go to www.aap.org/family/carseatguide.htm

HOUSEHOLD SAFETY

- Keep the thermostat on your hot water heater at or below 120 degrees to avoid burns.
- Keep all of your cleaners and medications locked and out of reach of children.
- In case of an accidental ingestion, the number for Poison Control is **1-800-222-1222**.
- Smoke and carbon monoxide detectors should be installed in your home and periodically tested.
- For information on local CPR class offerings, go to www.redcross.org

OUTDOOR SAFETY

- Make sure to apply sunscreen to your child frequently when outdoors.
- Helmets are recommended for bike use. This includes when your child is riding on or pulled by your bike.
- Never leave your child alone near water including pools, lakes, tubs or buckets of water. Children can drown in less than two inches of water.

CHOKING PREVENTION

- Avoid foods such as hard candy, mini-marshmallows, popcorn, chips and pretzels, nuts and large chunks of meat, whole slices of hot dogs, raw carrots, whole grapes, raisins and other dried fruits.
- Your toddler should sit while eating and drinking. Eating or drinking while walking or running may cause your toddler to choke.
- Do not let your toddler eat in a moving car. If your toddler chokes while you are driving you will not be able to help immediately.

WHAT CAN I EXPECT MY TODDLER TO DO AS HE GROWS?

- Prefer to eat with his fingers
- Wants to eat foods that others are eating
- Get distracted easily
- Eat less than babies and children 2 years and older
- Hold a spoon, but not use it very well
- Hold a cup, but may have difficulty letting go of it
- Have favorite foods



WHAT IS NORMAL MEALTIME BEHAVIOR FOR MY TODDLER?

- It is likely your toddler will please and will try most anything. Then suddenly, without warning, your toddler displays independence and control over her own choices.
- Your toddler is erratic; what he likes one day, he may not like the next. Breakfast is usually his best meal, dinner usually his worst meal! Your toddler may eat a lot one day and hardly anything the next few days. Your toddler's assertiveness about his food choices is an easy way to show his independence!

HOW DO I AVOID FOOD STRUGGLES AND MAKE MEALTIMES ENJOYABLE?

- The main way to prevent food struggles is to teach your child to feed himself as early as possible! Allow your child to pace the feedings himself. Do not put food into your child's mouth just because he has inadvertently opened it!
- Put your child in charge of how much he eats. Children eat as much as they need for growth and energy. Forced feeding is the main cause of eating power struggles!
- Be patient when your toddler makes a mess while learning to feed herself - this is normal. Toddlers need to "explore" food by mashing, feeling and smelling foods before they accept it!
- Use your child's favorite plate, bowl, cup, spoon and fork.
- Create a relaxed setting for meals. Cut down on distractions. Turn the TV off.

- Remember you are responsible for what, when, and where your child eats. Your toddler is responsible for how much he eats or whether he eats at all!
- Continue to serve a new food even if your toddler has rejected it previously. It may take 8-10 tries before your toddler accepts the new food.
- When grocery shopping, plan for a variety of safe, nutritious and reasonably appealing foods for meals and snacks. Read food labels and try to limit sodium and trans-fats in the foods you purchase.
- Establish limits and set simple rules such as: the family eats at the table together, and food is for eating, not for throwing or playing.

WHAT SHOULD MY TODDLER EAT AND DRINK AND HOW MUCH?

- She should be weaned off the bottle and use a cup by 12 months of age.
- Limit milk consumption to 16 oz. of milk per day. After 2 years of age children can drink skim or 1% milk, unless your Pediatrician or Nurse Practitioner recommends otherwise.



- Offer no juice, or limit juice to 2 to 4 oz. per day. Encourage drinking water when thirsty
- At mealtime, offer small portions of what the rest of your family is eating (for example bread, pasta, or rice, fruits and vegetables, cheese or yogurt, and cooked lean meat, poultry, fish or eggs).
- A good rule of thumb: a serving portion is equal to 1 level tablespoon per year of age!
- Toddlers do best with 5 or 6 small meals a day (3 meals and 2 to 3 snacks/day).