



CHILDREN'S MEDICAL GROUP, P.A. TODDLER CHILD CARE INFORMATION

Nutrition

The most important contribution to your child's present and future health may be your help in developing good eating habits and eating a proper diet. There are many varieties of an adequate diet, but none includes excessive fats, sugars, or calories.

Meals should be regular, unhurried and pleasant.

Many children between one and five years of age will eat the equivalent of one meal a day. Junk-food snacks as little as just a cookie can be equivalent to a meal to a small child. Snacks should be in the form of a fruit or vegetable. Forced feedings create many problems, some of which are reflected in eating habits in adult life.

Vitamins are recommended to those children who do not eat well or those who do not eat foods from all the food groups.

Those children who are intolerant to cow's milk can get calcium in orange and apple juices which are supplemented with calcium, and vitamin D can be obtained in vitamins.

Vegetables are a great source of protein, mineral, and vitamins. Vegetables should not be cooked in animal fats.

Beef and pork have more hard fat and cholesterol than white meat of chicken and turkey. Fish is a good source of protein, and the fat is less harmful. Broiled and baked meats are preferred to fried.

Cholesterol Guide

Bad fats are sometimes called hard fats since they are solid when cooled. These fats increase the low and very low density lipoprotein (LDL & VLDL) which are harmful. These fats include animal fats, butter, fats from eggs, coconut oils, and palm oil.

Good fats increase the high density lipoprotein (HDL) and are beneficial. These fats include unsaturated vegetable oils, safflower oil, corn oil, and fish oil.

Safety

Your child should be in a forward facing car safety seat with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer. Seat belts do not work well as a sole restraint until the child is 80 pounds or more. Do not allow the child to sit on someone else's lap. Do not allow your child to ride in the back bed of a pick-up truck. Children under age 13 should always ride in the back seat.

Bicycle Safety Helmets should be worn by children of all ages for protection.

Three-wheelers and Four-wheelers are definitely unsafe and should never be driven by a child. Our group has had several patients who have been severely injured or killed while driving these vehicles.

The American Academy of Pediatrics does not support the use of trampolines.

Hot water heaters should be set at 120°F or lower to avoid accidental scalding of the infant.

Smoking increases your child's risk of respiratory problems and those problems associated with second-hand smoke exposure.

Smoke and Carbon Monoxide Detectors should be installed.

To prevent choking and aspiration in children up to five years of age, avoid slick and/or round foods such as hot dogs, hard candy, popcorn, peanuts, nuts, grapes, or chewing gum.

In case of accidental ingestion of poison, call the Poison Control Center at 1-800-222-1222.

Immunizations

Immunizations will be given according to the American Academy of Pediatrics Guidelines. See our website for more detailed information.

Other

Dental visits should start at approximately 3 years of age.

A Complete Blood Count (CBC) or Hemoglobin (to screen for anemia), and Urinalysis (to screen for diabetes, kidney disease, and urinary tract infections) are done yearly.

Hearing and Vision screenings are done yearly starting 5 years of age.

We recommend that a yearly check-up be done on older children; preferably when they are well so that testing and immunizations can be properly given. If done on a regular basis, no additional examinations are necessary for kindergarten, school or camp exams.