



CHILDREN'S MEDICAL GROUP, P.A. ONE TO TWO YEARS 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 a proper diet. There are many varieties of an adequate diet, but none include excessive fats, sugars or calories.

Meals should be regular, unhurried and pleasant.

Children eat less after one year of age as their growth slows. 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.

The child should be complete weaned from the bottle at this time. Formula may be changed to whole milk.

The American Academy of Pediatrics recommends the use of whole milk for the second year of life (12 to 24 months) because of the body's need of fat for neurologic development. Those 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 oral vitamin drops.

Vegetables are a great source of protein, minerals, and vitamins. Vegetable 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 or protein, and the fat is less harmful. Broiled or baked meats are preferred to fried.

Safety

To avoid injuries, use a car safety seat on every ride. The seat should be semi-reclined, backward-facing until your child is two years of age or has exceeded the maximum recommended weight limit of your particular car safety seat.

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

Smoking increases your baby's risk of respiratory problems and ear infections.

Smoke and Carbon Monoxide Detectors should be installed.

Infant Walkers are highly discouraged by the American Academy of Pediatrics because of the large number of accidents associated with them. 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, or grapes.

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

Put plug covers in outlets. Keep electrical wires out of sight. Keep cleaning liquids, detergents, and other products that may be ingested in high cabinets.

Growth and Development

Most babies will walk without support between 12 and 15 months of age. The vocabulary will consist of multiple one word phrases until 18 to 24 months when most children will start speaking in two or more word sentences. They should sleep the night through in a room separate from the parents. The child should interact with other children during play-time.

Most infants will have their first tooth by 12 months of age, but some infants will not obtain their first tooth until after their first birthday. Brush the teeth as soon as they appear. Use a gum/tooth cleanser made for infants, or use a very small amount of toothpaste (you do not want to use an excessive amount of fluoride). The first dental appointment is recommended at approximately three years of age.

Toilet training is usually mastered between two and three years of age. Girls tend to learn earlier than boys. Be patient, and never try to force. If the child is not mentally and/or physically ready, he will not be able to be potty-trained no matter how ready you are.

Immunizations

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

Return for check-ups at 15, 18 and 24 months.