

Nutrition

- Your toddler may now eat any kind of food (including honey and whole milk) but continue to avoid small, hard food that he/she may choke on like peanuts or popcorn. Cut firm, round foods (hot dogs, raw carrots, grapes, etc) into thin slices.
- Your toddler should be offered 3 meals per day and 2-3 nutritious snacks. Offer a variety of foods from the different food groups. Use fresh fruit (cut into small pieces) or vegetables with nut butter as snacks.
- Try to use **organic foods** when possible to avoid exposure to pesticides, genetically modified foods and added hormones.
- You may begin to substitute **whole milk** for breast milk or formula. Juice is not advised. If you have questions about **alternative milks**, please talk to your provider. The maximum amount of whole milk per day should be around 24 ounces. Toddlers don't need this much if they are eating other dairy sources including whole fat yogurts or cheese. When possible, try to choose organic grass-fed, whole fat dairy products without added sugar.
- Iron** is an important nutrient at this age for proper development and growth. Good sources of iron include beans (lentils, kidney beans, black beans, garbanzo beans), leafy green vegetables (spinach and swiss chard), broccoli, eggs and meats, especially grass-fed beef and the dark meat of free-range poultry. Using in combination with foods high in vitamin C will increase the body's ability to absorb iron.
- Continue to offer drinks in a **sippy cup or regular cup**. A recommended goal is to have your child weaned from the bottle to the cup by 15 months of age. Consider using **glass or stainless steel sippy cups** to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the liquid. Also let your toddler begin to use a small spoon at mealtime.
- Your toddler will likely eat less now than as an infant and will also have a slower rate of weight gain. Try to keep toddlers from "grazing". Let your toddler decide how much and what to eat of the nutritious variety of foods you offer. If your toddler asks for more, give more; if your toddler stops eating, accept that decision.
- There are benefits to some **omega-3 fatty acids** in the diet and here are the sources: fresh or frozen wild salmon, canned sockeye, sardines, black cod, herring, walnuts (or walnut butter), algae products, freshly ground flax and hemp seeds, pumpkin seeds, omega-3 enriched eggs. Alternatively you can consider starting an omega 3 supplement: Preventively, for children 1-4 years of age the dose is 300-500 mg of DHA/EPA per day. Nordic Naturals is a trusted omega 3 product.
- Consider **vitamin D3 supplementation** for its immune and bone building properties. Recommended dose at this age is 600 IU daily.
- Probiotic** supplementation and probiotic rich foods (such as organic kefir, grass-fed yogurt, miso, sauerkraut, kimchi) can be started to aid in immune function and digestion. Generally, probiotic supplements for children that are refrigerated are of higher quality.

Development

12 months:

- Gross Motor skills:** sits without support; crawls; pulls self up; walks with support
- Fine Motor skills:** may begin to feed self with fingers or spoon; opposes thumb and index finger to grasp a small object, "pincer grasp"
- Cognitive skills:** plays with adult-like objects, comb, telephone, cooking equipment
- Communication skills:** likes to look at pictures in books and magazines; points to named animals or body parts; imitates words; follows simple commands, waves "bye-bye," points when asked "where is mommy?"
- Social skills:** enjoys social games with familiar adults such as peek-a-boo and patty-cake; may react to unfamiliar adults with anxiety or fear

Medication

- FEVER = >100.4 F**
- No Aspirin** until 18 years.
- NO COUGH OR COLD MEDICINES.** If your toddler gets a cold, try humidified air and nasal saline drops with the bulb syringe. You may also try Benadryl (but not cough or cold formulation). Please call our office if your toddler seems to be having difficulty breathing or is not feeding well due to congestion
- Tylenol** (Acetaminophen) may be given for fever, teething, or pain relief. Tylenol may be given as often as **every 4 hours**. Tylenol dosing is based on weight; please see chart below for your child's dose. We recommend using Tylenol **as sparingly as possible**.

Toddler's Weight	Infant Tylenol or Children's Suspension (160mg/5ml)
12-17 lbs	2.5 ml (80mg)
18-23 lbs	3.75 ml (120mg)
24-35 lbs	5 ml (160mg)

- Advil or Motrin** (Ibuprofen) may be given for fever, teething, or pain relief. Ibuprofen may be given as often as **every 6 hours**. Ibuprofen dosing is based on weight; please see chart below for your child's dose. We recommend using Ibuprofen **as sparingly as possible**.

Toddler's Weight	Ibuprofen Concentration (50 mg/ 1.25 ml)	Ibuprofen Concentration (100mg/5ml)
12-17 lbs	1.25 ml (50mg)	2.5 ml(50 mg)
18 - 23 lbs.	1.875 ml (75mg)	3.75 ml (75 mg)
24 - 35 lbs.	3.75 ml (100mg)	5 ml (100mg)

Sleep

- In general, toddlers at this age will sleep about 12-14 hours a day with at least one nap.
- Bedtime should be at the same time every night. Establish a nightly routine with quiet time for your child prior to going to bed (ie reading, singing). Allow your child to soothe himself/herself to sleep in the crib. Letting your toddler sleep with a favorite toy or using a nightlight may be beneficial.

Routine toddler care

- Play with your child during family time! Read books, play games, listen to music, and have fun together. Try to avoid watching TV as “family time.”
- Your child may now have “stranger anxiety” and may need time to “warm up” to new people. It may be helpful to use a consistent child care provider.
- Brush your toddler’s teeth with a small toothbrush twice a day. You may consider starting toothpaste with fluoride. If your child is still using a bottle, try to place only water in that bottle to help prevent cavities. The first dentist visit should be before age 2.

Discipline

- Reward good behavior with frequent “Yes!” and praise.
- A firm “No!” is the best way to deal with minor issues. Avoid spanking, shouting, or long explanations.
- Temper tantrums may begin at this age. Ignoring tantrums is one of the best ways to stop the behavior.
- Distract your child with something new or direct your child’s attention to a new activity.
- Your child will start to recognize what is allowed and what is forbidden. Your child will also start to test you and your reaction!
- CONSISTENCY is extremely important. Discuss “house rules” with all family members and caregivers.

Car Seat

- **A car seat** must be used every time your toddler is in the car. The rear facing position provides the best protection for your child’s head and neck in the event of a crash. For the best protection, your toddler should remain rear facing until at least age 2 and may continue to be rear facing until reaching the highest weight or height allowed for your car seat. **Never** place a rear facing car seat in a front seat with an airbag.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

Safety

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child’s birthday.
- Use appropriate barriers around space heaters, wood stoves, kerosene heaters, and fireplaces.
- Watch your toddler constantly whenever near water. A child may drown in even a few inches of water including bathtubs, wading pools, and toilets. Your child should always be within an arm’s reach of an adult when around water. Children should always wear an approved life jacket when on a boat or other watercraft.
- Keep furniture away from windows and install window guards on second- and higher-story windows to prevent your child from falling out of a window.
- Keep plastic bags, latex balloons, or small objects (ie marbles) away from your toddler.
- Make sure heavy items like TV’s and furniture are secure so that your child can’t pull them over. Keep sharp objects (knives, scissors, etc) out of reach of your toddler.
- Avoid exposing your child to the sun for prolonged period of time. Use sunscreen with minimum SPF 30. Keep your toddler covered and use sunscreen. Try to avoid sunscreens with oxybenzone, parabens and phthalates. We recommend mineral sunscreens when possible but note that they are not as waterproof. For reviews of safe child sunscreen brands, please visit <https://www.ewg.org/skindeep/>
- Avoid **all** tobacco smoke around your child. Children who are exposed to smoke have more respiratory and ear infections.
- The best way to prevent injury or death from a firearm is to not have guns in the home. If it is necessary to have a gun in your home, store it unloaded and locked with the ammunition locked in a separate location.
- Hire an experienced babysitter who knows the basic care for infants as well as how to handle common emergencies. Provide the sitter with a list emergency phone numbers, list of child’s allergies and current medications.
- Protect electrical outlets and cords. Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- **Poison Control: 303-739-1123 or 1-800-222-1222**

If your toddler received vaccinations today, he/she may not experience any side effects of these vaccines. However, the most commonly reported side effects include: an increase in sleeping, possibly fever (low-grade, 99-100°) and mild fussiness within 24-48 hours. If you have questions about vaccines or vaccine safety, please ask your provider.

Your infant’s next well check should be at 15 months of age.