

Nutrition

- 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 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.
- Continue to offer **whole milk** to your child. Juice is not advised. If you have questions about **alternative milks**, please talk to your provider. Toddlers at this age **should have no more than 2 servings of dairy per day**, including milk (1 cup), cheese (1.5 oz), yogurt (¾ cup). 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.
- **No bottles!!!** Your child should be drinking from cups only at this point. Consider using **glass or stainless steel sippy cups** to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the liquid.
- Your toddler may become pickier. Do not limit the menu to food your toddler likes. 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 **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 at least 600 IU daily.
- **Probiotic** supplementation and probiotic rich foods (such as organic kefir, grass-fed yogurt, miso, sauerkraut, kimchi) can be used to aid in immune function and digestion. Generally, probiotic supplements for children that are refrigerated are of higher quality.

Development

2-3 years old:

- Gross Motor skills: runs; jumps in place; walks up & down stairs, 2 feet on each step; throws ball overhead
- Fine Motor skills: eats with a spoon and a fork; opens a door; stacks blocks; draws a vertical line
- Cognitive skills: early pretend play, remembers place where object is hidden; creates means to accomplish desired end
- Language skills: 20-50 word-vocabulary; speaks several two-word phrases; follows single-step and two-step commands; listens to short stories; begins to use pronouns (I, me, he, she, it)
- Social skills: imitates adults; plays in parallel with other children
- Adaptive skills: brushes teeth with help; dresses with help; feeds self

Medication

- **FEVER = >100.4° F**
- **No Aspirin** until 18 years.
- **NO COUGH OR COLD MEDICINES.** If your toddler gets a cold, try humidified air. Please call our office if your toddler seems to be having difficulty breathing.
- **Tylenol (Acetaminophen) or Advil/Motrin (Ibuprofen) may be given for fever or pain relief. We recommend using both as sparingly as possible.**

Medication	How Often?	18-23 pounds	24-35 pounds	36-47 pounds	48-59 pounds	60-71 pounds	72-95 pounds	Over 95 pounds
Fever/Pain Relief								
Acetaminophen (Tylenol)	4 hrs	120 mg	160 mg	240 mg	320 mg	400 mg	560 mg	720 mg
Ibuprofen (Advil, Motrin)	6 hrs	75 mg	100 mg	150 mg	200 mg	250 mg	300 mg	400 mg

Language/TV/exercise

- Read to your child every day! Toddlers love to listen to the same story over and over—encourage your child to finish phrases or help tell the story. Sing songs and talk about what you are seeing and doing together.
- Please let your provider know if your child seems to be having difficulty seeing or hearing.
- Try to limit all screen time to less than one hour a day. Carefully screen programs to ensure that they are appropriate. Try to choose alternatives for time together like reading, singing, or playing games
- Try to be physically active with your child!

Discipline

- Remember that the goal of discipline is to teach and protect your child, not to punish your child.
- Reward good behavior and accomplishments with frequent praise.
- Spend individual time with your child—take walks, read books, do puzzles. Focus on activities that interest your child. Children at this age are very curious. Try to guide your child through appropriate exploration.
- Avoid spanking, shouting, or long explanations.
- Ignoring tantrums is one of the best ways to stop the behavior. Children will continue to throw tantrums if parents react strongly (negative attention).
- Do not allow hitting, biting, or other aggressive behavior.

- Children at this age want choice. “No” reflects a child’s developing identity and this desire for choice. Try to avoid battles by giving your child two appropriate choices that are both acceptable to you. For example, ask your child to choose between wearing the red sweater or the blue sweater.
- CONSISTENCY is extremely important. Discuss “house rules” with all family members and caregivers.

Potty training

- The average age for a child to be potty trained during the day is 30 months.
- Wait to start potty training until your toddler is dry for periods of about 2 hours, knows the difference between wet and dry, can pull pants down, shows an interest in learning, and can indicate when about to have a bowel movement.
- Dress your child in easy-to-remove pants, establish a daily routine, place on the potty every 1-2 hours, and provide a relaxed environment by singing or reading while your child is sitting on the potty.
- Have a small potty seat or potty ring available for your child. Read books about using the potty. Praise your child when he/she sits on the potty with clothes on
- Children who have been potty trained even for a long time may experience regression, especially if changes occur at home (new baby, a move, parent returning to work, loss of a pet, etc.). Children may also become “too busy” to bother with the potty. Don’t punish accidents. Calmly have your child help you clean up, and encourage your child that he/she will remember to use the potty next time.

Dental care

- Brush your child’s teeth twice a day with a soft brush and toothpaste with fluoride
- If your child has not already been, it is time to visit the dentist!

Sleep

- Keep a predictable bedtime routine with baths, reading, brushing teeth, etc.
- Your toddler may be ready to transition to a regular bed from a crib

Car Seat

- **A car seat** must be used every time your toddler is in the car. For the best protection, your toddler should remain 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. 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 2nd, and higher, story windows to prevent your child from falling out.
- Keep plastic bags, latex balloons, or small objects (ie marbles) away from your toddler. Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- 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.
- Young children should never be left unsupervised in or around vehicles. Watch your child closely when playing outside and make sure gates are locked. Keep your toddler away from lawn mowers, garage doors, streets, and driveways. Be very careful when backing out of the driveway—you may not be able to see your child behind your car.
- Have your child start to wear an approved helmet when riding a tricycle, on your bike, or in a bike trailer.
- Avoid exposing your child to the sun for prolonged period of time. Use sunscreen with minimum SPF 30. 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.
- **Poison Control: 303-739-1123 or 1-800-222-1222**

Your child’s next well check is at 3 years.