



PEARLAND PEDIATRICS

& SPORTS MEDICINE

FOR YOUR 2.5 YEAR OLD

FEEDING

Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with utensil or fingers. He should be exclusively using a cup.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

Your job as a parent is to choose the best foods for your toddler. Offer 3 regular meals and healthy snacks. Make feeding time happy. It is your child's job to decide how much to eat or even to eat at all! Be a good role model for healthy eating.

Growth in toddlers is sporadic and their appetites follow. Expect appetite slumps and food jags (preference for the same foods at every meal). Do not force-feed your toddler. Offer healthy choices. Limit fatty foods, sweets, and juice intake.

During these appetite slumps, do not play short order cook and prepare another meal in hopes your toddler will eat it. Wait until the next scheduled meal to feed him again.

Your toddler should drink 16-20 oz. of low-fat milk each day. Too much milk can lead to picky eating.

Multivitamins may be used if your toddler's diet is consistently inadequate. Your child does need 400 IU/day of Vitamin D in their diet or as a supplement.

DEVELOPMENT (18-24 MONTHS)

Walks quickly, walks backwards, climbs into chair, runs, jumps, dresses with help.

Puts 2 words together and communicates with gestures, points to named body part or object, understands simple commands.

Uses spoon/fork, uses cup, scribbles, stacks blocks.

Likes to play with other children, plays pretend games, talks on the phone.

AVERAGE DIET FOR TODDLERS:

Cereal- cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits – Fresh, stewed, or baked; small pieces of fruit according to chewing ability.

Vegetables – Fresh, steamed, boiled, canned or frozen. Refrain from raw vegetables. Offer vegetable soup.

Meats/Poultry – Boiled, roasted, broiled tender meats/poultry. Meats served in soups. Use strained baby meats as a sandwich spread. Avoid fried foods.

Dairy – Soft, mild cheese (cottage, cream, American, cheddar), pudding or yogurt.

Eggs-Scrambled, hard-boiled, egg salad or omelet.

Fish – Fish fillets, salmon, tuna, fish sticks- Watch for bones and hard breading!

Starch – Potato (broiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

SLEEP

A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your child to sleep

more or less than average. Typical bedtime for a toddler is 7-8pm.

Most toddlers take 1 nap per day. If your toddler is resistant to the nap, it is still important to have a period of rest at a scheduled time each day.

SAFETY

Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler's environment. This is a great time to get in the habit of renewing your CPR certification annually.

Guns are dangerous. Keep guns and ammunition locked in separate places.

Car seats should remain rear facing until beyond 2 years of age, or as long as the car seat will allow.

Lock cabinets and keep cleaning supplies, medication, plastic bags, and small objects away from your toddler.

In case of accidental ingestion or poisoning, or for free poison prevention, call Poison Control at (800) 222-1222.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride.

OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush and a pea-sized amount of fluoridated toothpaste to clean your toddler's teeth twice daily.

Limit the amount of TV and monitor the types of shows your child watches.

Read books to your toddler every day.

Use PABA-free sunscreen with SPF>50. Reapply frequently.

POTTY TRAINING

Signs of readiness to use the potty or toilet usually are seen by 30 months of age. Mastery of the potty may not come until 3 years of age or older. If your child seems ready earlier, make sitting on the toilet part of your child's regular routine.

To be successful, your toddler needs to be aware of impending urination or defecation,

have periods of prolonged dryness, be able to pull loose fitting clothes on and off, be able to climb on and off the potty chair, imitate simple tasks, and communicate the need to use potty chair.

Have a potty chair available to your toddler, but do not push your toddler into training.

Training occurs when the child is sophisticated enough to not want to be messy anymore.

BEHAVIOR/DISCIPLINE

Be consistent. Praise good behavior. Avoid too many rules. Say "No", and then physically remove your child from a dangerous situation. Do not yell or spank. Be a good role model.

All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry.

Ignore attention-seeking tantrums – do not try to reason with your toddler.

Securely hold your toddler until he relaxes if there is danger of injury.

SUGGESTED READING

"What to Expect the Toddler Years"

"Caring for Your Toddler and Young Child"

"123 Magic"

"Food Fights"

WEBSITES

www.pearlandpediatrics.com

www.aap.org

www.cdc.gov/vaccines

www.seatcheck.org

www.healthychildren.org

CHILDRENS ACETAMINOPHEN

DOSAGE(160mg/5mL)

24-35lbs = 5mL

CHILDRENS IBUPROFEN

DOSAGE(100mg/5mL)

24-35lbs = 5mL

TESTS/IMMUNIZATIONS FOR TODAY

You will be given a developmental questionnaire to complete in our office.