

# The Wellness Times – Four Seasons Pediatrics



9<sup>th</sup> Visit - Today's Weight: \_\_\_\_\_ Height: \_\_\_\_\_

18-24 Months

## Injury Prevention



The most common accidents that occur at this age:

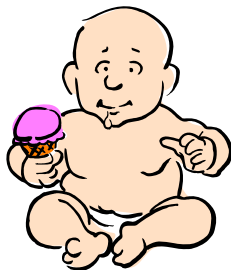
- **Car Seat Safety:** Always buckle in the back seat.
- **Getting hit by a car backing up:** Check carefully before backing up in driveways.
- **Bikes:** Always wear a properly fitted helmet. The helmet should move the forehead when moved forward and backward.
- **Firearm accidents:** Lock weapons and ammunition away with the safety on. However, keep in mind that it is best not to keep firearms in the home.
- **Accidental poisoning:** Do not leave medication on dressers or leave the safety top on loosely
- **Lawnmower accidents:** Do not allow your child to ride on a lawn tractor or be near running machinery. Injury from a backing up riding mower is a common tragedy.
- **Drowning:** Do not leave your child unsupervised in or near a filled tub, pool, bucket of water, ditch or cesspool.
- **Sunburns:** Use hypoallergenic sunscreen SPF 30. Avoid the sun between 10 a.m. and 3 p.m. (highest UV rays).

## Nutrition

Many children eat less or are “picky” at this age. Give a variety of foods. Let your child decide how much to eat and offer small, attractive servings. Watch out for choking. Common foods to avoid include nuts, seeds, hard candies, gum, popcorn, grapes, raw vegetables, raisins, or whole or round slices of hot dogs (slice them lengthwise). You can switch to skim (if there is a lot of fat in the diet) to 2% milk (if there is not). We now recommend no more than 2 cups per day. Limit fruit juice to one cup per day.

If your drinking water does not contain fluoride, your child should be taking 0.25 mg daily.

## Growth and Development



The toddler is becoming more independent and demanding. He may say no a lot. Praise good behaviors and save the no's for safety issues. Read daily as part of a bedtime routine.

Most toddlers like building with blocks, putting shapes in containers, and digging in sand.

They will imitate things you do and say!

Your child may show an interest in toilet training (see back).

## Healthy Habits

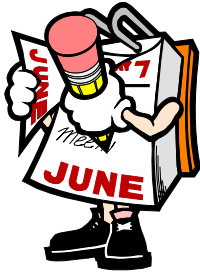


Brush your child's teeth twice a day using a tiny (pea sized amount) of toothpaste. Use training toothpaste until your child can spit out after brushing.

- Don't let the TV become a babysitter. Limit television to no more than 2 hours a day. Choose educational TV such as PBS.
- If your child is having frequent infections (ear infections, sinus infections, frequent cough) and you **smoke**, please consider quitting now or set a quit date. You can reduce the number of ear and sinus infections by almost 70%! Although smoking outside helps, unless you wash your clothes and shower after each cigarette, your child is exposed to your smoking.

## 2

### Next Visit



Your next health visit will be the 2 year well child visit. Please notify us as soon as possible (no later than 24 hours prior to your appointment) if you cannot make an appointment.

### Immunizations

Your child may receive one or more of the following vaccines:

- **Hepatitis A Vaccine**
- **Flu Vaccine** (Influenza) vaccine (seasonal)

### Have Asthma?

Make an appointment to review your child's asthma at least twice yearly. Bring medications that your child takes so that we can review the technique for taking them. The best time of the year to review asthma is over the summer, since more children are hospitalized during the month of

### The Wellness Times

September than any other month of the year.

The flu shot is given starting in August to September. Check our web site to see if we are giving them during these months. If colds set off your child's asthma, your child should receive it each year until colds are tolerated without causing symptoms.

Sign up for our newsletter at [www.fourseasonspediatrics.com](http://www.fourseasonspediatrics.com)

12/8/17

### Toilet Training

Over time we have come full circle with toilet training. Years ago we were very permissive and told parents to wait and their child will show them when they are ready. As a result, many parents did not encourage toilet training. We are now finding more children who are instead delaying toilet training to older ages. As usual the truth is somewhere in between. While you cannot and should not force your child to go, you certainly can provide positive incentives for taking interest.

#### Supplies

Potty chair that allows the feet to rest on the floor. Also, while some children have a sense of accomplishment, others need rewards such as stickers, stars, fruit slices, raisins, crackers, cookies or "poop candy"

#### Considerations

1. **Be sure that your child shows signs of readiness.** He should understand what pee, poop, dry, wet, etc means. He should know what a potty is for (usually by watching others). He should prefer being dry. (Praise him for coming to you when wet or soiled). He should understand that using the potty means a dry diaper. ("If you go pee-pee in the potty, your pants will stay nice and dry") He should recognize the sensation of a full bladder and the urge to have a bowel movement. (example: your child paces, holds the genital area, jumps up and down, pulls at his pants, or tells you. Make this clear to your child – "Your body wants to make some pee or poop.
2. **Make the potty chair one of your child's favorite things.** Look at books, watch TV for one week before sitting on it without clothes.
3. **Encourage practice runs.**
4. **Praise or reward cooperation or success**
5. **Change your child after urination or bowel movement accidents.** Respond sympathetically, "You wanted to pee-pee in the potty, but you pee-peed in your pants. I know that must make you sad. You'll get better at this"
6. **Introduce training pants after your child is using the potty more than half the time.** Take your child with you to get the underwear and make it a reward for success. Once you start using training pants, use diapers only for naps and at night.