

# Toddler Tips

A Publication of Suburban Pediatric Clinic

2 YEAR EDITION

Toddler Tips 2 year edition: This month's Toddler Tips will discuss what parents can expect when their baby is around 2 years old.

## NUTRITION

If at all possible, the family should sit together for meals. It is important for family conversation.

- ♥ Your baby should be eating a relatively low fat, low cholesterol diet. Limit fast and junk foods. Try to bake, broil, and grill foods rather than frying. Skim or 2 percent milk is now preferable to whole milk. Please use fresh vegetables and fruits whenever possible.
- ♥ Continue to feed your baby foods high in iron such as green, leafy vegetables, whole grain breads, chicken, fish, red meat, and liver to prevent Anemia.

## HEALTHY TEETH

Continue to brush your child's teeth two times a day and continue to give your baby fluoride supplements if they have been prescribed by his health care provider.

## DEVELOPMENT-Terrific or Terrible Two's?

" Parents often describe this age as the "Terrible Two's". Some facts about two year olds include:

- ♥ They are energetic and offer challenges to their parents. They really do think that they are the center of the universe. They find it difficult to consider someone else's point of view whether it is an adult's or another child's.
- ♥ They have learned the word **NO** and use it frequently to their parents. What they really mean is "do I have to"? They will frequently pull toys away from other children. This is not acceptable behavior and "time out" is a good method of handling this situation.

## *Temper Tantrums*

Temper tantrums are an immature way of expressing anger. Most two year olds have temper tantrums. Try using the following approaches to the different types of temper tantrums.

### *Frustration or Fatigue Tantrums*

- Children are often frustrated with themselves and express this with a temper tantrum. At these times your baby needs support and encouragement. Try putting your arm around your baby and saying, "I know it is hard for you to handle this situation, but you will get better at this, is there anything mommy can do for you?"

### *Attention Seeking or Demand Tantrums*

- Ignore these and do not give in to children having tantrums in order to get their way. Attention seeking tantrums may include whining, crying, pounding, slamming, or breath holding. If your child is not harming himself or others please try to ignore this behavior. Do not try to reason with your baby, it usually makes the situation worse. Calmly say to your baby, "I can see that you are very angry, I will leave you alone until you feel better." After the tantrum be loving and friendly with your baby and try to return things to normal.

### *Refusal Tantrums*

- Physically move your baby who is having a refusal type tantrum. Do not let your baby avoid going to bed or daycare by having a temper tantrum. Try to give your baby advance warning before asking him to suddenly stop what he is doing. Once the tantrum has begun, let it go 2-3 minutes. Then take him to the destination, such as bed, carrying him if necessary.

### *Rage Tantrums*

- If your baby is totally out of control, screaming wildly, or at risk of injuring himself considering holding your baby. Take your baby in your arms, tell him you know he is angry and offer him your sense of control. Hold him until you feel his body start to relax.

# Baby Safety Issues

## HOME SAFETY

Please remember that the biggest threat to your baby's life and health are accidents.

- ♥ Please use gates on all staircases and doors. **DO NOT** use a baby walker.
- ♥ Be sure there are plug protectors in **ALL** empty electrical outlets in your home.

## POISON CONTROL

Be aware of the poisonous substances in your home that your baby may ingest.

- ♥ Be sure that all medicines and cleaning supplies are locked up and out of your baby's reach.
- ♥ Call our office or the Poison Control Center **IMMEDIATELY** if your baby eats something poisonous. Keep the Poison Control number posted by your telephone.

**Poison Control 1.800.222.1222**

## BURN PROTECTION

- ♥ Be sure to check the hot water temperature in your home. The correct temperature should be less than **120 degrees F.**
- ♥ **DO NOT** carry or hold your baby while cooking or carrying hot foods or liquids.

## CHOKING SAFETY

- ♥ **NEVER** leave small objects or food within your baby's reach.
- ♥ Do not feed your baby hot dogs, raw carrots, or grapes. Cut food into thin slices to prevent choking.
- ♥ **BE PREPARED:** Ask your doctor for instructions on choking first aid.

## DROWNING SAFETY

**NEVER** leave your baby alone near any water for any moment. Drowning can happen in the shallowest water.

- ♥ Please remember to empty water from bathtubs, pails, or any other container of water immediately after use. Keep the bathroom door and commode lid closed at all times.
- ♥ If you have a swimming pool, install a fence to separate your house or baby's play area from the swimming pool.

## CAR SAFETY

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- ♥ Make sure that your baby's car seat is installed correctly.
- ♥ When your baby reaches 20 pounds and is 12 months old she may need to be in a toddler safety seat that faces **FORWARD**. This seat should be placed in the **MIDDLE** of the **BACK** seat.
- ♥ Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

### Suburban Pediatric Clinic

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<u>OFFICE HOURS</u>	<b>Monday-Friday</b>	8:00 am – 8:00 pm	<b>Shot Clinic</b>	8:00 am-11:00 am	2:00 pm-4:00 pm
	<b>Saturday</b>	9:00 am – 12:00 pm	<b>Shot Clinic</b>	9:00 am-9:30 am	

### NEXT CHECKUP:      **3 YEARS**

Your child's next checkup is at 3 years of age. Regular **WELL CHILD** checkups are done yearly. These checkups usually involve immunizations and other preventive health services. Keeping your child up to date on checkups and immunizations is one of the best things you can do for your child's health.

PP Please remember to bring your child's immunization card and insurance or Medicaid card to every visit PP