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# ◆C.P.C. Toddler Times◆

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18 Month Edition

A publication of Cabarrus Pediatric Clinic

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**Height:**

**Weight:**

**Head  
Circumference:**

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## Good sources of iron

- red meats
- chicken
- fish
- liver
- bran cereals
- spinach
- broccoli
- other green vegetables
- enriched pastas, breads, and cereals
- peanut butter\*
- raisins, dates, prunes\*

\*-use cautiously  
due to choking risk

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## Food Fights

We all want our kids to eat healthy but food fights are not the answer. You will always lose. Mealtime should be a pleasant family time and not a battle. Offer your child a reasonable selection of healthy foods and let him decide how much he eats. Children will not starve themselves. An appetite slump is normal at this age. Avoid catering to demands for non-nutritious foods and do not become a 24-hour short-order cook. Many children fill up on liquids like milk or sugary juices, and therefore eat less at mealtime. Your child should be off the bottle by this time. Limit milk consumption to 12-18 ounces per day. Whole milk is the preferred form until age 2. Limit juices to 8-12 ounces per day. From 1 to 10 years of age, children need 800 milligrams of **calcium** per day to help build strong bones. One cup of milk or yogurt supplies 300 mg each. A slice of cheese has 200 mg and 1/2 cup of calcium fortified orange juice contains 160 mg. Orange juice, however contains no vitamin D and no protein and therefore is not a substitute for milk. **Iron** is equally important for toddlers to prevent anemia (low red blood count). Good sources of iron are listed in the column at left. Note that milk, though a good source of calcium contains little iron. **Healthy snack ideas** include fresh fruit, cereal, pretzels, graham crackers, lowfat yogurt, bagels, and turkey or cheese slices.

## Safety

Remember to review the safety materials given at previous visits. Here are a few key reminders to help keep your child safe.

- Always use a **car seat**. The back seat is safest, especially if your car has air bags.
- Post the **poison center #** by your phone (1-800-84-TOXIN) Keep Ipecac on hand.
- Keep any **guns** in your home locked and unloaded. It's safest not to have any.
- Never cook or hold hot foods or liquids with your child beneath you.
- Reduce the setting on your hot water heater to 120-130 degrees to prevent scalding.
- Regularly test your **smoke alarms** and replace batteries yearly.
- Learn the **Heimlich maneuver** and consider taking a CPR course.
- Avoid food items that can cause choking like hard candy, nuts, raw carrots, hot dogs (OK if sliced and diced), rubber balloons, coins, small toys, and batteries.

## Potty Training

Between 18 and 30 months most children are physically and intellectually ready for toilet training. There is no magic age for every child. The key is to start when your child is ready. Signs of toilet training readiness include the following:

- Your child understands a few key words like "pee", "wet", "potty", "poop", or whatever words you use to describe urine, bowel movements etc.
  - She can follow simple instructions
  - She must be able to get to the potty chair and undress with a little help.
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**Parenting tip:  
reading**

One of the most rewarding things you can do for your child is to teach her a love of reading. Reading books to your child enhances her language development and imagination. It helps to break the TV habit and most importantly, it's a great way for you to spend quality one-on-one time with your child.

**Next  
checkup:****Age 2 years**

Other  
instructions:

- She goes at least two to three hours during the day with dry diapers.
- She can indicate through words, gestures, or body language that her bladder is full or a bowel movement is on the way.
- She seems uncomfortable with wet or soiled diapers.

You can introduce the concept of toilet training now by allowing your child to watch other family members. You can teach modesty and privacy later. We recommend that you use a potty chair rather than a toilet seat as most children will feel more secure with their feet on the floor. Make this your child's "special chair". Initially she can use it for reading books, playing, eating snacks etc. Only after she is accustomed to it should you move it to the bathroom to begin toilet training.

Some children are predictable enough that you can take them to the potty at specified times each day, like after meals, before a bath, or at bedtime and they will "produce". Most however need to be taken to the chair on a moment's notice. When your child indicates with gestures or words that she needs to use the potty, tell her "The pee (or poop) wants to come out. Let's use the potty." Walk her to the potty chair and encourage her to sit on it with her diaper or pants off. If she is reluctant, provide a fun activity like reading a story. Never force a child to sit on the potty. Do not get upset over accidents. Simply change the diaper and say "Next time you need to pee, tell me and I will help you use the potty." Criticism, ridicule, and punishment have no place in toilet training. Your job is to encourage and reward effort using hugs, praise, stickers, and treats. It should be fun for your child to master this "grown-up" skill. Remember, this is not rocket science. If you do nothing but provide a potty chair and tell her what it is for, your child will probably train herself around age 3. This is a brief discussion of this topic. If you have problems or questions, our doctors and nurses will be happy to discuss them with you.

*\*Above discussion adapted from materials by Barton Schmitt M.D. Author of Your Child's Health*

**Healthy teeth**

It is important that you brush your child's teeth at least once a day. There is no need for toothpaste. Swallowing excess amounts of fluoride in toothpaste can actually stain teeth. Be sure to brush the back sides of the front teeth particularly well as cavities often begin here. The bottle should be stopped by this age to decrease the risk of severe tooth decay.

**No more shots until age 4! (?)**

If your child is up to date thus far, no immunizations are required today and no more until your child reaches age 4. However, if your child has a health problem like asthma or diabetes, he should get a flu shot each fall.

**Office policies**

Our regular office hours are 8:15am-5pm, Monday-Friday. Please call during these hours to schedule appointments or to request advice. Except for true medical emergencies, appointments are necessary. Evening and weekend visits are offered for urgent problems that cannot wait. You can reach us when the office is closed by calling the regular office # (786-1144). A nurse or doctor will call you back. Except for true emergencies, please do not take your child to the emergency room without first speaking to the doctor or nurse on call.