

# Dental

# Nutrition

# 16 - 23 Months



- ❑ Brush teeth with a child's soft toothbrush after each meal. Use a small, jiggling motion with the bristles angled to the gums.
- ❑ Look at your toddler's teeth each day as you clean them. Call your dentist if you see white, brown, or black spots.
- ❑ Your toddler still needs help brushing teeth. Do not leave your toddler alone with a toothbrush.
- ❑ Show good dental health habits by brushing and flossing your own teeth daily.
- ❑ Ask your doctor or dentist about fluoride for your toddler's teeth.
- ❑ Store fluoride out of your toddler's reach.

- ❑ Give 4 small cups (4 oz. each) of whole or breastmilk daily. Do not give 1% or 2% or nonfat milk until age 2. Your toddler should now be off the bottle!
- ❑ Give your toddler all liquids from a small cup. Give water when thirsty. Limit juice to 1 cup.
- ❑ Offer 3 meals and 2-3 small snacks daily. Give a variety of table foods.
  - 5-9 small servings of vegetables or fruits
  - 7-11 small servings of breads, cereals, or grains
  - 2-3 small servings of protein foods, like lean meats, poultry, fish, eggs, dried beans, peas (legumes), or tofu
- ❑ Give your toddler a spoon to feed self.
- ❑ Make meals a family time. You decide when and what your toddler eats. Your toddler decides whether to eat and how much.
- ❑ Do not bribe, punish or reward with food.
- ❑ Toddlers can choke on:
 

popcorn	peanuts
seeds	nuts
grapes	gum
peanut butter	raw vegetables
raisins, dried fruit	meat sticks
hot dogs	candy

# Growing Up Healthy



Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### Next Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Keep emergency numbers handy:



**Police, fire, ambulance:** Call 911

**Poison Control Number:** 1-800-876-4766

- Learn Child CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



## Health and Safety

- ❑ Never leave your toddler alone in the tub, pool or near a toilet or bucket of water. Have a fence around pool/spa.

- ❑ Use stair gates and window guards.



- ❑ Label and lock up all harmful things, like soaps, cleaning solutions, lye, liquor, vitamins, iron pills, medicines, and poisons. Remove poisonous plants.

- ❑ Buckle your toddler in a car seat for every ride.

- ❑ Put car seat in the back seat.

- ❑ Never put your children in the front seat if there is an airbag.

- ❑ Use electrical safety plugs. Keep electrical cords, irons, hot liquids, pot handles, wood-burning stoves and table cloths out of reach.



- ❑ Turn water heater to less than 120°. Lock up matches.

- ❑ Keep small objects, unsafe toys, plastic bags and balloons away from your toddler. Remove string from sweatshirt hood.

- ❑ Never let your toddler crawl, walk, or run with anything in the mouth.

- ❑ Take your toddler for a blood lead test.

## Parenting Tips

*Your toddler loves to perform for you. Give praise.*

### What to Expect

- ❑ “No” may be a favorite word of a two year old. Use “yes” and “good” more often than “no” in teaching your toddler.
- ❑ Your toddler may be able to:
  - Walk backwards.
  - Kick and throw a ball.
  - Stack 3 or 4 blocks.
  - Turn single pages of a book.
  - Follow simple directions.
  - Copy what you say and do.

### What You Can Do

- ❑ Play, talk, sing and read stories to your toddler.
- ❑ Leave a key word out of a favorite story or rhyme and let your toddler fill in the word. Jack and Jill went up the \_\_\_\_\_.
- ❑ Allow your toddler to handle and turn the pages of books and magazines.
- ❑ Tell your toddler in advance when you plan to change activities.
- ❑ Use consistent, loving discipline. When your toddler does something wrong, say why it is wrong. Direct your toddler to a new task.
- ❑ Do not allow television to become a “babysitter” for your toddler.

*If you find yourself about to hit, shake or harm your toddler, call a “Hot Line” or a friend for help.*

16 - 23 Months

## Health and Safety

- ❑ Take your toddler for regular health exams and vaccines (shots).

- ❑ Do not pick up your toddler by the arms.

- ❑ Never shake, toss or swing your toddler in the air in anger or even in a playful way.

- ❑ Carry your toddler or hold hand near traffic. Check behind your car before backing out.

- ❑ Keep your toddler’s skin, hair, body, clothes and bedding clean.

- ❑ Wash your hands with soap and water before and after changing diapers.

- ❑ Wash your toddler’s hands with soap and water before and after eating.

- ❑ Wash your toddler’s toys often.

- ❑ Keep your toddler away from loud noises.
  - Loud noises can damage your toddler’s hearing.
  - A noise is too loud if you have to raise your voice to talk to someone only 3 feet away.

- ❑ Watch your toddler play on safe climbing equipment and swings.

- ❑ Have your toddler wear a helmet on bike rides.

- ❑ Keep your toddler away from tobacco smoke. Stop all tobacco use.