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Infant, Child and Adolescent Medicine

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ANTICIPATION AND GUIDANCE 12-15 MONTHS

FEEDING

By 1 year of age, most children are eating table foods. Toddlers naturally eat less because they're growing less. By now your toddler should be drinking well from a cup, and hopefully, he's off of a bottle by now. At each meal the baby should be given a spoon for eating. Your toddler will probably not use the spoon, but as he watches you use eating utensils, he will learn to use them. Remember, your toddler may not eat enough for you. What you see him eating is not what we gauge how well a child is eating. We gauge how well a child eats by his growth chart. If a child is growing and gaining weight appropriately for himself at his age, I am not worried about how much the child is putting in his mouth. Offer multiple kinds of foods: fruits, vegetables, cereals, meats, dairy products, every single day. Feed your child frequently. Toddlers need to eat every 2-3 hours, not just 3 times a day.

, your child will continue to learn new things. They will not only walk at this point, but will run. Most often they run wherever they wish to go. They will learn how to walk up the stairs, learn the names of body parts and start combining 2 words together. Since your child is now very active, you need to again child-p

DEVELOPMENT

During the next few months roof your home. This is an ongoing exercise for adults. Remember, this is also a time where your child learns "self" your child will tell you "no". Will become frustrated with you, will want to do things. This is not mischievous or bad behavior. Your child is learning and discovering surroundings. Let do it.

SAFETY

The baby is going to get into everything at this age. Your toddler will be able to climb, open doors, open drawers, take everything out of the drawers, take stuff apart and like to play in water. They have no sense of danger. Watch your baby closely. If you have a pool or a spa, your pool has to be fenced off, your spa should be fenced off or have a locking top on the spa so the child cannot get into it.

Gates, windows, doors: Doors opening into stairways, driveways, or storage areas, should be locked and fastened securely. Keep screens locked or nailed shut. Put gates on porches and stairways to prevent the baby from getting into areas that can cause potential harm, such as the street, driveway, garage, work areas of the house. Usually expresses his dislike, distress or anger about something. He uses sounds more and more for pleasure and communication.

DISCIPLINE



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Remember, your toddler is curious. There are certain times should be disciplined. These are when may hurt. Be gentle and firm. Let your child know are doing something inappropriate or wrong. Positive reinforcement for positive behavior. You always stroke ego and always catch at

doing good things. Pick your battles. If you continually tell your child no and respond to every whin, cry, temper tantrum, that's how your baby will know to communicate to get needs met. Whine if you use positive reinforcement for positive behavior, you will have a happier child.