

## Craig Ranch Pediatrics

Dr. Nagaratina Salem, MD

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Phone (214) 383-4400 Fax (214) 383-4403

### 18 to 24 Month Old Baby

#### Normal Development

Gross Motor: runs stiffly. Sits on small chair. Walks upstairs with one hand held.

Explores drawers and baskets.

Fine Motor: makes a tower of four cubes. Imitates scribbling. Imitates vertical and circular strokes. Dumps pellets from a bottle.

Language: 10 words. Names pictures. Identifies one or more body parts. Uses 2-word sentences, like “up daddy” and “want cookie.”



Speech is 25% understandable to strangers.

Cognitive: Feeds self. Seeks help when in trouble. May complain when wet or soiled.

Kisses parents with a pucker. Can identify 2 colors (blue and red). He can formulate negative judgments like “a pear is not a cookie.” He may begin to distinguish “you” from “me.”

#### Appetite Slump in Toddlers

A toddler eats in cycles, he will eat good for a day and then refuse to eat for the next two days. Their calorie requirement has reduced, so this behavior is okay. Their diet menu may only contain 4-5 things, and they may like to eat the same thing over and over again. Try to bring a variety, but it is sometimes very hard to do so. Do not ask them if they want a particular food. They would just reply with a NO. Rather, give them the option of having this (peas) or that (carrots). Usually a toddler will pick the second choice and his compliance will be better as he will feel he opted for it.

#### Vitamins

Poly vi sol or half a chewable vitamin a day. A toddler needs supplementation as his diet is not varied.

#### Tips for Feeding Your Toddler

- Try to get your child into a routine, with meals and snacks served at about the same time every day.
- Give him smaller portions of food than what you would eat. For instance, give one tablespoon of food for every year of his age.



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- Do not force your child to clean his plate. If he says he has had enough, respect that. Forcing him to finish those last bites may make him overeat or develop an unhealthy attitude about food.
- Even though play time may build your child's appetite, give him a little quiet time before he eats. He will eat better if he is relaxed.
- Stay close by your child as he eats in case he starts to choke.
- Offer foods that appeal to children, like cut-up, raw vegetables and other finger foods.

### **Potty Training**

Lots of toddlers are ready for potty training right around the time they turn two, or soon after. Boys are usually ready a little later than girls. It is possible that your child might be ready sooner. You will know he might be ready if he:

- Has bowel movements on a fairly regular schedule (you can almost predict when he will have a dirty diaper).
- Does not always have a wet diaper. This means his bladder can hold urine.
- Can and will follow instructions.
- Wants to imitate her parents or brothers and sisters in the bathroom.
- Can tell you, or even show you by a change in activity or a look on his face, that he knows his bladder is full, or that he is about to have a bowel movement. Tells you when he has peed and pooped.

You can help your child get ready for potty training just by keeping his potty chair nearby and talking to him about the whole process. Keep in mind that the more he understands about it, the less scared he will be. Keep in mind, too, that your child must want to take this big step. He will be ready when he wants to become more independent, and to please you, too.

When he is ready, encourage him, but do not pressure him. Let him know how proud you are of his successes, but do not make a big deal out of the accidents (and there are sure to be some of those). If you think your child is ready for potty training, you can:

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- Let him sit on the potty chair with his clothes on. Just tell him about the chair, what it is for, and when to use it.
- Let him sit on the chair with his diaper off, his feet firmly on the floor. Try to make the potty part of his routine... have him sit on it several times a day.
- Try changing your child's diaper while he is sitting on the potty chair, and empty it into the pot under him...this shows him what the chair is for.
- Encourage him to use the potty in the right way. You might let him play near the potty without a diaper, reminding him to use it when he needs to. Remember, praise success, and do not fuss over accidents.
- Switch from diapers to training pants once you think he has the hang of it.
- Remember that nap time and nighttime training may take a little longer. Plastic mattress covers can help you get through it.

Whatever happens, do not get discouraged. You probably do not know of anyone who started kindergarten wearing a diaper!

