

## Feeding Your Child



Your child should now be eating a wide variety of foods, either prepared or soft table foods.

If feeding table foods, avoid foods that may cause choking, such as corn, raw carrots, celery, unpeeled apples, raisins, nuts, popcorn, hot dogs or hard candy.

Encourage healthy snacks like cheese cubes, yogurt, toast, soft fruit or cooked vegetables.

At 1 year, your child can stop using formula and start drinking whole milk (no skim milk—the fat helps with brain development). Encourage using a cup, and less use of the bottle.

Breastfeeding may continue as long as mom and child desire. If you have questions about weaning from the breast or the bottle, please call your health care provider or Public Health.

## Common Health Concerns



In the first two years of life, your child could have 10-12 colds. Most colds go away by themselves, usually within a week. However, you should call your health care provider if:

- ◆ your child has difficulty breathing
- ◆ clear mucous becomes thick and green
- ◆ cough lasts longer than 1 week
- ◆ your child develops pain in the ear
- ◆ your child has a temperature over 101° under the arm
- ◆ blister-like rash appears on the face and does not improve in two days

To make your child more comfortable:

- ◆ encourage fluids and rest
- ◆ only give aspirin-free medicine for a fever (e.g., children's Acetaminophen, Tylenol, etc.)
- ◆ use a cool mist humidifier or vaporizer (set it close to her bed and clean it every day)
- ◆ use saline nose drops to help loosen mucous in the nose
- ◆ administer cough and cold medicines only as advised by your health care provider.

### **\*\*Activity Tip\*\***

Most babies love to look at photographs of them selves. You can share some special moments with yours by looking at pictures and pointing out who is in them with baby.

## Positive Parenting



- ♥ Your child is very curious about her environment. Try not to restrict her curiosity, but make areas safe, and supervise her.
- ♥ One-year-olds are not very patient and they don't understand sharing.
- ♥ When upset, he may hit or slap without realizing that he could hurt someone. If he reacts physically, pull him back from the situation and say, "Don't hit". Then redirect him to other play. Distraction works well with toddlers.
- ♥ Your child learns best by repetition.
- ♥ Set reasonable limits.
- ♥ Be consistent.
- ♥ Use "No" in dangerous situations.
- ♥ Respond positively to good behavior.
- ♥ Offer limited choices (Do you want to wear the red or green shirt?)
- ♥ Never resort to discipline that physically or emotionally hurts your child. If you feel you are losing control, take a few deep breaths, count to ten, step into the other room, or get someone to watch your child so you can have a break.

### **Don't forget to take some time for you!**

Being a parent is a challenging and rewarding job, but it can be difficult and stressful. Don't neglect yourself, or the relationships you have with others. Get a reliable babysitter and take a walk, visit a friend, go to a movie or go out to eat. The time away from your child will help to recharge your batteries!

*We hope that you have found Health Tracks and the Caring Connections program helpful. If you are a first time family involved in the home visiting portion of Caring Connections, your home visitor should be contacting you soon for your child's twelve month home visit. Please feel free to call your home visitor, if you have questions at any time. We will be writing to you again when your child is around 16 months old.*

## Otter Tail County Public Health

**Government Services Center  
560 W Fir Avenue • Fergus Falls, MN 56567  
1-218-998-8320**

**118 N. Main, Box 99  
New York Mills, MN 56567  
1-218-385-5500**