

Feeding Your Child



- ◆ Your child should be eating all table foods along with at least two cups of whole milk each day. Your child needs whole milk for brain cell development.
- ◆ If your toddler is still using a bottle, now is a good time to stop. It gets harder to wean as your toddler gets older.
- ◆ Avoid foods that can cause choking, such as nuts, popcorn and hotdogs.
- ◆ Encourage your child to use a cup, spoon and fingers to feed herself.
- ◆ Provide healthy snacks and limit sweets and salty foods.
- ◆ Most toddlers prefer 5-6 smaller meals a day.
- ◆ Clean teeth and gums daily with soft cloth or toothbrush.

Positive Parenting



One minute you have a small and snuggly baby in your arms, the next there is a noisy tornado running around your house.

Being 16 months old is like being on a "seesaw." Toddlers want to be independent one minute, and a baby the next.

Saying "no" is normal for a toddler; it is a step toward independence. It is important not to get angry when your toddler answers this way. Instead, be firm and polite about what you want your toddler to do. Be sure to praise your toddler when doing what you ask.

- ♥ Set a few simple, clear rules.
- ♥ Allow some simple choices, both of which are acceptable to you.
- ♥ Hear out your toddler's "no" - be patient - and he or she will usually go along with your request.
- ♥ The easiest way to stop a toddler from doing something they shouldn't, is to give them something with which they can play and learn.
- ♥ Try to ignore the tantrum or hold him firmly to help your child gain control.
- ♥ Accept that the 16 month old is not ready to share yet.
- ♥ Be ready to share lots of big hugs and kisses!

The time you give your child now will help him or her become a happy, secure, independent child. Remember, you are your toddler's best teacher!

Common Health Concerns



Helping Your Toddler Get to Sleep

If your child gets enough sleep, they will be happier and learn better.

Here are some ways you can help your toddler fall asleep more easily:

- ✚ establish a regular bedtime
- ✚ calm them by doing the same things each evening before bed
- ✚ your child is now old enough to take a special blanket or stuffed toy to bed.

If your child cries after you tuck them in, try this:

- ✚ go into their room briefly every few minutes, but avoid picking them up.

ACTIVITY TIPS

- ❖ Offer to read short books to your toddler. Books with a few words on a page are best.
- ❖ Most toddlers enjoy making noise. Pots and pans make fun musical instruments.
- ❖ Toddlers enjoy push or pull toys.
- ❖ Simple puzzles with knobs are great.
- ❖ Toddlers enjoy putting small toys into containers and stacking blocks.
- ❖ Go to the park together, bring a ball to roll, throw or kick.
- ❖ Sing and dance with your child
- ❖ Let your child explore in safe environments

We hope that you have found Health Tracks helpful. We will be writing to you when your child is around 20 months old. We also hope that you will contact your school's Early Childhood Family Education (ECFE) program to learn about classes currently available to you and your child.

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