

Feeding Your Child



- ◆ Keep healthy foods in your kitchen like cheese, rice cakes, fruit, milk and juice.
- ◆ Your child should be eating most of the same solid foods as you eat.
- ◆ Your child may not have as big of an appetite now as he did a few months ago.
- ◆ Calcium helps your toddler's bones and teeth grow strong. Milk is a great source of calcium. Try yogurt, cheese and cottage cheese, too!
- ◆ Be sure to cut foods into small pieces to avoid choking.
- ◆ Offer small servings and give more if child wants.
- ◆ Your child should be eating child-sized servings of the following good groups: 6 bread/cereal; 3 vegetables; 2 fruits; 2 dairy; 2 meats.

When it comes to food, a parent's job is to provide a variety of healthy foods. A child's job is to choose how much of those foods to eat.

POSITIVE PARENTING



Help your child develop a sense of independence.

- ♥ Tolerate messy faces, bibs, tables and floors.
- ♥ Do not expect her to share toys yet.
- ♥ Read at bedtime or any time of the day.
- ♥ Encourage "pretend play."
- ♥ Praise her when she is behaving well.
- ♥ Allow her to make some choices.
- ♥ She might want to use a toy, teddy bear or blanket for security.
- ♥ Don't rush to toilet training. Our next newsletter will discuss toilet training in detail.

Ways to get support as a parent

Taking care of a toddler can be hard at times. Here are some ways to find out new ideas and get support:

- ♥ talk with your child's child care provider or an understanding relative, friend or neighbor
- ♥ call your school to see when parenting classes are offered in your community
- ♥ read parenting books and pamphlets.

Dealing with feelings of anger at your child

If you feel angry and think you might harm your child, put them in a safe place while you calm down. Remember that yelling or hitting hurts your child emotionally and physically. If you do that, you teach them that it is okay to hurt others.

Common Health Concerns



Chicken Pox:

- ✚ usually occurs 14-16 days after contact with someone who has them
- ✚ rash consists of small red bumps that progress to blisters, then become open sores with brown crusts, which can be on all parts of the body and in the mouth
- ✚ children often have a fever for a few days
- ✚ sickness lasts for two weeks, but is contagious from two days before the sores break out, until the sores are crusted over
- ✚ for skin discomfort and itching, give a cool bath, with baking soda or Aveeno in it, every 3-4 hours and apply calamine lotion
- ✚ trim your child's fingernails and wash their hands with soap to prevent infection of the sores
- ✚ do not give any medicine with Aspirin in it - you may give Tylenol (Acetaminophen) or Advil (Ibuprofen)
- ✚ call your medical care provider if you have any questions
- ✚ sometimes other medicine may be given to relieve itching.

There is an immunization available for Chicken Pox. If your child has not had the shot (immunization) or the Chicken Pox yet, you could have your child immunized now.

ACTIVITY TIPS

An easy way for your toddler to learn the names of her clothes is to say them out loud before dressing. Then ask her to hand you a shirt, pants, shoes, socks, etc. You can talk about colors and patterns at this time also.

We hope that you have found Health Tracks helpful. We will be writing to you when your child is around 2 years 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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