

YOUR TODDLER AT 18 months

This is the stage when it's important for your child to keep practicing earlier skills as well as to learn that they are separate person from you. Here are some health questions to consider:

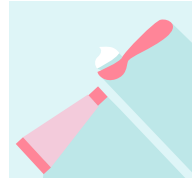
Feeding Your Toddler

- Breast milk, even small amounts, is the perfect milk for your child until 2 years of age or older.
- If your child does not drink breast milk, offer 500 mL of 3.25% cow's milk daily. More than 750 mL of milk is too much because it fills a child's tummy, leaving little room for healthy foods.
- Make meals a family time. Eat together. Talk together.
- Offer your toddler the same foods as the rest of the family. This will encourage your toddler to try new foods. Your toddler may need to see a new food many times before they learn to eat it.
- It's normal for a toddler's appetite to vary from day to day. Follow your child's hunger and fullness cues. This will support your child to listen to their body's signals and to eat in a healthy way.



	YES	NO
Does your toddler drink about 500 mL (and no more than 750 mL) of homogenized (3.25%) cow's milk daily?	<input type="checkbox"/>	<input type="checkbox"/>
Does your toddler drink only from a cup or the breast?	<input type="checkbox"/>	<input type="checkbox"/>
Does your toddler eat meals with the family?	<input type="checkbox"/>	<input type="checkbox"/>

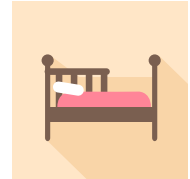
Healthy Smiles



- Brush your child’s teeth twice a day with a rice-sized amount of fluoride toothpaste to remove germs that cause tooth decay.
- At least once a month, lift your toddler’s lip to check for new teeth and for white/brown spots on the teeth.
- If your baby is taking a bottle, start weaning them to a cup.
- Use a regular cup without a lid for all drinks. Offer your toddler water in between meals for thirst. Offer healthy snacks that do not stick to your toddler’s teeth.
- Tooth decay can happen when a child sips or snacks frequently. Milk, fruit juice and any food or sweetened drinks all have sugars in them that can cause tooth decay.
- It is recommended that toddlers see a dentist by 12 months of age. If you are not able to take your child to a dentist, contact a Dental Hygienist at your local public health unit.

	YES	NO
Does your toddler have their teeth brushed 2 times a day with fluoride toothpaste?	<input type="checkbox"/>	<input type="checkbox"/>

Toddler Safety



- Rear-facing car seats give the best protection for a child’s head, neck and back in a sudden stop or crash. Keep your toddler in a rear-facing car seat as long as possible. Check the car seat user’s guide for height and weight limits.
- Toddlers can reach higher and climb so they can get to more dangerous things such as cord blinds, hot drinks and poisons. Read *Toddlers First Steps* or the fraserhealth.ca/parenting website to learn how to keep your toddler safe.
- Make your home and car a healthy place for your baby by having them smoke-free. Call 811 or talk with your doctor about the Quit Now program.

	YES	NO
Is your toddler always placed in a car seat in the car?	<input type="checkbox"/>	<input type="checkbox"/>
Is your toddler supervised at all times?	<input type="checkbox"/>	<input type="checkbox"/>
Is your toddler always in a smoke-free place?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Growth and Development



- Toddlers like to play by themselves. They are still learning to share with others. Toddlers love and need active play time. They may get frustrated when not able to do things. Encourage activities every day, such as, kicking a ball or going to a playground. Activities such as music, finger painting, or scribbling with big crayons encourage learning.
- Read books with your child and visit the library. There are many children’s books your toddler will enjoy.
- When talking with your child, add 1 or 2 new words a day to help them learn. If you have any concerns about how your child talks, call your local public health unit.
- Keep a routine for eating, sleeping and playtime. Talk to your toddler about what will be next. This helps your toddler to feel secure.
- Let your toddler have as many choices as possible about foods, clothing, and toys. For example, “Do you want this cup or that cup?”.
- Toddlers learn about the world from people in their lives. TV, phones, computers, and other screen activities are not recommended before 2 years of age. Be a role model. Limit the time on your phone and other screens when you are with your toddler.
- Take your toddler to an eye doctor by 3 years of age or sooner if you have concerns or a family history of eye problems.
- Hearing can change. If your toddler stops saying new words or stops responding to sounds, a free hearing test is available. Contact your local public health unit.

	YES	NO
Does your toddler stack 3 or more blocks?	<input type="checkbox"/>	<input type="checkbox"/>
Does your toddler walk, run and climb like other children his age?	<input type="checkbox"/>	<input type="checkbox"/>
Does your toddler say 10 - 20 words?	<input type="checkbox"/>	<input type="checkbox"/>
Does your toddler follow simple directions such as “get your doll” or “give mommy the ball”?	<input type="checkbox"/>	<input type="checkbox"/>
When you leave, does your toddler calm down within an hour?	<input type="checkbox"/>	<input type="checkbox"/>
Does your toddler like to play near or be around other children and family?	<input type="checkbox"/>	<input type="checkbox"/>
Does your toddler hear well?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to any of the above questions or would like further support:

**visit your family doctor
for a Well Baby Visit**

or

call 8-1-1

or

**call your local public health unit to
speak with a public health nurse**



For more information:

fraserhealth.ca/parenting
healthyfamiliesbc.ca/parenting