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Baby Business (A publication of Concord Children's Clinic) – 2 Year Edition

Toddler Tips 2 year edition: This month's Toddler Tips will discuss what parents should expect when the baby is around 2 years old.

Nutrition

If possible, the family should sit together for meals. It is important for family conversation

- Your baby should be eating a relatively low fat, low cholesterol diet. Limit fast and junk foods. Try to bake, broil and grill foods rather than frying. Skim or 2 percent milk is now preferable than whole milk.
- Continue to feed your baby foods high in iron such as green leafy vegetables, whole grain breads, chicken, fish, red meats and liver to prevent anemia.

Healthy Teeth

Be sure to brush your baby's teeth twice a day and continue to give your baby fluoride supplements if they have been prescribed by your baby's healthcare provider.

Development- Terrific or Terrible Two's?

- Parents often describe this age as the "Terrible Two's". Some facts about the two-year-old include: They are energetic and offer challenges to their parents. They really do think that they are the center of the universe. They find it difficult to consider someone else's point of view whether it is an adult's or another child's.
- They have learned the word NO and use it frequently to their parents. What they really mean is "do I have to"? They will frequently pull toys away from other children. This is not acceptable behavior and "time out" is a good method of handling this situation.

Temper Tantrums

Temper tantrums are an immature way of expressing anger. Most of the two-year-old have temper tantrums. Try using the following approaches to the different types of temper tantrums.

- **Frustration or Fatigue Tantrum:** Children are often frustrated with themselves and express this with a temper tantrum. At these times your baby needs support and encouragement. Try putting your arm around your baby and saying, "I know it is hard for you to handle this situation, but you will get better at this, is there anything mommy can do for you"?
- **Attention Seeking or Demand Tantrums:** Ignore these and do not give in to children having tantrums in order to get their way. Attention seeking tantrums may include whining, crying, pounding, slamming or breath holding. If your child is not harming himself or others, please try to ignore this behavior. Do not try to reason with your baby, it usually makes the situation worse. Calmly say to your baby, "I can see that you are very angry. I will leave you alone until you feel better. After the tantrum be loving and friendly with your baby and try to return things to normal.
- **Refusal Tantrums:** Physically move your baby who is having a refusal type tantrum. Do not let your baby avoid going to bed or daycare by having a temper tantrum. Try to give your baby advance warning before asking him to suddenly stop what he/she is doing. Once the tantrum

has begun, let it go 2-3 minutes. Then take him/her to the destination, such as bed, carrying him/her if necessary.

- **Rage Tantrums:** If your baby is totally out of control, screaming wildly, or at risk of injuring himself considering holding your baby. Take your baby in your arms, tell him you know his is angry and offer him your sense of control. Hold him until you feel his body starts to relax.

Home Safety

Please remember that the biggest threat to your baby's life and health are accidents.

- Use gates on all staircases and doors. **DO NOT** use a baby walker.
- Be sure there are plug protectors in ALL empty electrical outlets in your home.

Poison Control

Be aware of the poisonous substances in your home that your baby may ingest.

- Be sure that all medicines and cleaning supplies are locked up and out of your baby's reach.
- Call our office or the Poison Control Center **IMMEDIATELY** if your baby eats something poisonous. Keep the poison control # posted by your telephone. **1-800-222-1222.**

Burn Protection

- Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F.**
- **DO NOT** carry or hold your baby while cooking or carrying hot foods or liquids.

Choking Safety

NEVER leave small objects or food within your baby's reach.

- Do not feed your baby hot dogs, raw carrots or grapes. Cut food into thin slices to prevent choking.
- **BE PREPARED:** Ask our office for instructions on choking first aid.

Drowning Safety

NEVER leave your baby alone near any water for any moment. Drowning can happen in the shallowest water.

- Please remember to empty water from bathtubs, pails or any other container of water immediately after use. Always keep the bathroom door and commode lid closed.
- If you have a swimming pool, install a fence to separate your house or baby's play area from the swimming pool.

Car Safety

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- Make sure that your baby's car seat is installed correctly.
- For this age, car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 24 months old.
- Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

Next Checkup: 3 YEARS

Your baby's next checkup is at 3 years of age. Regular **WELL BABY** checkups are done yearly. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on check ups and immunizations is one the of best things you can do for your baby's health.