

Toddler "Know-How"

Your baby is becoming a toddler, and you may start to hear the words "No" and "Mine". However, he is unable to understand right from wrong. What a confusing age to be! His feelings can swing in a moment from happiness to sadness. Some of the time he'll cling to you and cry when you leave the room. Later he'll push you away and announce "Me do!" He needs to develop likes and dislikes of his own.

He needs your love and encouragement to learn to do new things. Allow him to explore

and learn but keep him safe. Encourage and support him to try new things. Show him how you expect him to behave and offer choices that will give him some control in his life. Your role is to keep a balance between his need for independence and his need to be protected.

Happy Toddling!

"Recipe for a Happy Child"

1 full cup Understanding
2 cups Respect
3 tbsp Guidance
1 lb Patience
Fill the centre with Self-Esteem
Sprinkle with Laughter
Cover with Hugs
Bake in a home filled with Love.

Unknown





Family food... Yummmm!

It's a lot of fun to try out my spoon. Sometimes it's just easier to use my hands! My Mom and Dad don't get angry with me even when I make a big mess. They just clean me up, give me a hug and tell me I'm getting bigger every day.

I am eating what the rest of my family eats, for the most part. I may not be able to manage foods yet that are sticky, like peanut butter, or round and hard like grapes unless they have been cut up for me.

Continued breastfeeding for up to 2 years and beyond is good for me and recommended by the World Health Organization. I may also be drinking homogenized milk from a cup now. Mom says I need the fat that is found in whole milk to help my brain develop. I only need 2 cups of milk a day (500 ml); More will just fill me up. I may only have ½ cup at each meal, so that leaves ½ cup I can have at snack time. My stomach is still small, so 3 regular meals and 1 or 2 snacks throughout the day will provide me with all the vitamins, minerals and nutrients I need to grow and development.



A regular eating routine and following Canada's Food Guide is important for the whole family. The Food Guide ensures our family eats a good variety of nutritious foods for meals and snacks to help keep us healthy. Offer me small portions (1/4 to ½ of a Food Guide serving) and let me ask for more food if I am still hungry.

Snacks should include choices from 2 of the 4 food groups. Here are some examples:

- apple slices and cheddar cheese
- yogurt and banana slices
- hardboiled egg sliced and milk
- peach slices cut up into bites size pieces and cottage cheese

Snacks should not come out of crinkly wrappers like candies, cookies or chocolate bars. These foods won't help me grow and develop like I should. Remember: I do what I see and I want what you have. I don't need pop, chips, or other junk food. Please be aware of what you eat in front of me.

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php



If you are a parent or caregiver for a toddler child (18-35 months), use Nutri-eSTEP as a fast and simple way to find out if your child is a healthy eater.

www.nutritionscreen.ca/toddler/Default.aspx





Immunization & Checking My Development

Your child's immunizations are due at 15 and 18 months. At the 18 month appointment, your health care provider will also do a developmental screen to make sure your toddler is progressing well. Make an appointment with your health care provider or call your local health unit to get these important, preventative immunizations.

“One Day At A Time”

Your toddler is now ready to learn how to do some things for herself. As she learns this independence she may get quite frustrated. You may notice more crying, yelling or foot stomping. She may even bang her head on the floor. When your toddler loses control, she needs your help to learn how to calm herself. Stay calm yourself and provide comfort when she needs it. Prevent her from hurting herself. Even though you may both be frustrated, be patient and take time to help her learn how to deal with her feelings.



My Mental Health

Here are some tips to improve a difficult day:

- Let your toddler work with you; stirring, sweeping, dusting.
- Anticipate problems and learn the early signs that your toddler is having a hard time
- Be flexible when planning your day. Do you really have to do everything on your list? Are there times when certain activities will be easier?
- Set aside time to play with your toddler. Read to her or sing rhymes. First thing in the morning sets a good tone for the day.
- Play music. Dance.
- Take her out for a walk. Stomp in puddles.
- When your toddler naps, take time for yourself to read, have a soothing bath or nap.
- Talk to a friend or relative about how you feel.
- Keep to a routine. Toddlers have a much easier time when they can anticipate what will happen next

Enjoy this special age one day at a time.





Keeping Me Safe

Keep Me Safe - I love to climb!

Now that I am climbing and exploring, here are some things you can do to keep me safe:

- Large stuffed animals, bumper pads and toys still don't belong in my crib. I might use them to climb on.
- Keep my crib away from windows and blinds. I may get caught in blind cords or fall out the window.
- If I can I get out of my crib, or when I am 90 centimeters tall, it is time to use a toddler bed with a rail for safety. A mattress on the floor is also a safe option. Be sure you have safety proofed the room. Never lock me in my room.
- Give me safe shoes or slippers to wear. Floppy sleepers and big pants and dresses can trip me.
- Keep doors closed or use a gate to protect me from exploring and falling.
- Be within arm's reach at all times if I am near a swimming pool or pond.
- I may seem like a big girl now, but I still need to be watched. I don't know what is safe and what isn't.



Safety First!





My Behaviour

Talk about Positive Discipline!

One of the most important issues you, as parents, need to discuss with each other is positive discipline. Discipline means making necessary and realistic rules and limits for your child. It is a time for you to teach and for your child to learn. Positive discipline teaches positive behaviours.

Discipline is important because it helps your child:

- To keep safe
- Learn right from wrong
- Feel cared for and loved
- Feel good about himself, so he will try new things
- Develop self-control
- Learn to respect and get along with other people

Discipline Means to Teach

Before giving instructions, get close and gain your child's attention. Use a calm, firm voice.

Give your child time to change activities.

- He needs time to change activities, especially if he is doing something enjoyable. "We are going to go to bed after you have your bath and we read a story." Keep your family routines consistent so your child knows what to expect.

Tell your child what you want him to stop doing and what to do instead. Be specific!

Model the behavior you want to see.

- For example, if you don't want your children to hit – don't hit. Use lots of "yes" words in your home. "Yes we can go to the park after your nap". Acknowledge emotions. Help him learn to put words to what he is feeling.

Give your child time to co-operate.

- Wait at least 5 seconds to give your child time to do what you have asked.
- Praise your child for co-operating!

Parenting is a learning process. Teaching your child discipline takes time and patience. Visit your local library or Ontario Early Years Centre for up to date information. Ask about parenting programs in your area. You and your child will be glad you did!

Let me choose!

As I get older, you will notice that I get into lots of new and interesting things. I want to touch, taste, pound, and throw the things I find. You can help me by setting limits early.

Let me make some of my own choices. Ask me if I want to play with the puzzle or the ball. Give me time to make my decision. I may change my mind a lot. Be patient, I am still learning how to choose.

When I want to eat my spaghetti in the living room – show me where I can eat it. Say, "We eat supper at the table. Food belongs in the kitchen".

I like being told what I can do rather than what I cannot do. Praise me often. "You are sitting very nicely in the grocery cart. Thank you." This helps me to learn. When you smile at me, I know I have made a good choice.



Look at What I Can Do!

From 13-18 months

13 months

- I walk along furniture and stand alone
- I can sip from a regular cup with help; I use a spoon or fork sometimes
- I can take a few steps
- I love to kick and throw a big ball
- I can take off a piece of my clothing by myself and brush my teeth with help
- Feeding a doll is fun and I like to help you clean up
- I say "mama and dada" plus 5 or more single words
- I can take a few steps
- I love to climb - stay close to prevent me from standing on the furniture!
- Crawling up the stairs is great fun for me - stay with me when I am learning
- I will point to familiar people, animals and toys when asked
- I understand simple directions like "give Daddy the cup"
- I can walk by myself!
- I like to lug, tug and drag things
- I walk up steps one step at a time by myself or with one hand held
- I love to "dance" to music
- I like to feed myself
- I will point to several body parts when asked
- I can make at least four different consonant sounds - b, n, d, g, w, h
- I enjoy being read to and looking at simple books

18 months

TOYS

- My job is to explore. I especially like cupboards and closets. If you can, please let me have my own space in a kitchen cupboard with safe bowls, pots and pans. Please put a safety lock on the cupboard doors I shouldn't be exploring..

TO DEVELOP MY HAND-EYE COORDINATION:

- buckets of blocks of varying sizes and shapes
- unbreakable containers to open, close, fill and empty
- make your own shape sorters
- board books that you can make yourself or borrow from the library
- wood puzzles with knobs

FOR PRETEND PLAY:

- child proof toy vehicles
- a doll with clothes and blankets to cuddle
- empty cardboard boxes to use as playhouses, tunnels or vehicles
- child size table and chairs

DEVELOPING MY LARGE MUSCLES

- riding toys
- pull toys
- balls of varying sizes to throw and kick
- swimming, digging in sand or snow, hammering toys
- help me to experience stairs, ladders,

Let's Talk

Here I am! I can recognize my own name and the names of people that are special to me. By 18 months, I am using at least 20 words including mama and dada. I am starting to make two word sentences. I use many sounds joined together that sound like another language! I like to point to things around me and look at you to tell me what they are. When we are having a bath you can share new words with me like “pour,” “bubbles” and “splash”. When I point and use my words or sounds, respond to me by expanding on what I said and try to understand my message, for example, when I say, “Truck!” you say, “yes, that’s a big red truck”.



Let's Sing As We Tidy (To the tune of “Farmer in the Dell”)

It's time to tidy up
It's time to tidy up
It's time to put your toys away
It's time to tidy up

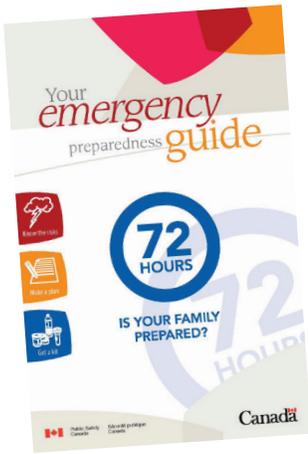


Treasured Time

I am usually friendly toward others and strangers do not scare me as much. Now is a good time to do lots of visiting with friends and family. I am just learning to play and enjoy the company of other children. You will also find that I like to play alone too. I like to sing songs with you. We could sing all day long. A family walk is a fun way to get some exercise. I really like doing things together; it makes us all feel better. I will imitate your actions and sounds when I play. I know I am getting to be a big girl now but I love when you hold me and read to me. Your gentle touch, and the special time that you spend with me teach me how to be a loving caring person.

I Learn About Things Through Touch

Let's explore by touching and feeling things of different textures like plastic containers, running water, foods and fabric. I am starting to push and pull things. A cardboard box makes a great wagon for me. I can collect all my toys and take them for a ride! We can play with a large inflated beach ball; encourage me to push it to you. Place several small toys inside a box and then inside a paper bag. Put it in one of my favorite play spaces. Now we can play “Let's find the toys”. Give me lots of big hints. I recognize myself in the mirror now so please show me all my body parts and name them for me. I can even show you where your nose is.



Is your family ready for an emergency?

Visit www.getprepared.gc.ca

Know the Risks. Make a Plan. Get a Kit.

This guide explains in greater detail the steps Canadians should take to become better prepared for emergencies. Included are a Family Emergency Plan template and list of emergency kit items.

You can download the guide as an eBook or as a PDF file. Visit <http://www.getprepared.gc.ca/cnt/plns/index-eng.aspx>



? For More Information

Dad Central: www.dadcentral.ca

Caring for Kids: Child health information from the Canadian Paediatric Society www.caringforkids.cps.ca

Mothers in Mind: <http://childdevelop.ca/mothersinmind>

Ontario Early Years Centres: A place for parents and their children: <http://www.oeyc.edu.gov.on.ca/>

Parachute: Child Preventing Injuries. Saving Lives: <http://parachutecanada.org/>

Transport Canada: Car Seat Safety: www.tc.gc.ca/roadsafety/kids

To find your local Public Health Unit:

Visit <http://bit.ly/eMtpaw>

Call the INFOLine at 1-866-532-3161

(Toll-free in Ontario only)

or TTY 1-800-387-5559



NEXT ISSUE
1.5to2years