

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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595 CHESTNUT RIDGE ROAD
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS
BY APPOINTMENT
TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:
201-391-2020

18 MONTH OLD

FEEDING SUGGESTIONS

Your toddler may seem to eat “nothing at all”. Distinct likes and dislikes develop. Continue to offer a variety of foods, but always offer at least one healthy food you know your child likes. Research shows that toddlers may need to be offered the same food 6-8 times before they will try it (and then may love it!). **Never** force your toddler to eat. You will never win a food battle and can create long-term eating problems. Try to have regular family mealtimes, including your toddler. Avoid excessive snacking throughout the day. Limit juice intake to 6-8 ounces per day. Excessive juice intake has been shown to decrease appetite and lead to poor growth in some children. Your child should still take 16-24 ounces of milk a day.

GROWTH AND DEVELOPMENT

Your toddler can now walk fast and run stiffly. She/he can go up stairs holding on, walk backwards, sit in a chair, kick a ball. She/he can stack 3-4 blocks, turn pages of a book. She/he uses a 4-10 word vocabulary and may combine 2 words in a phrase (“want that”, “thank you”).

Toddlers this age love building things and toys that can be taken apart and put together. Choose toys that are not a choking hazard (larger than 2 inches in diameter) as babies this age still put everything in their mouths. Go to the playground (one with an area for children under three is most appropriate) so that your child has an appropriate place to run and climb. Some children have high energy levels and this energy needs to be channeled in appropriate ways.

Continue to read stories to your child and have a brief, predictable bedtime routine each night. Children this age sleep 10-14 hours a day, and usually nap once a day after lunch.

Some children will show an interest in toilet training between 18-24 months, though 24-30 months is more typical. Buy a potty chair and let your child play with it. Buy a children’s book about potty training and read it with your child. Do not push the issue now.

Try to limit television viewing. Carefully select age-appropriate video’s (e.g. Raffi, Sesame Street, Barney). Always set aside 15-30 minutes daily for each parent to spend uninterrupted time playing with their child.

18 MONTH OLD

Breakfast

(7-8:00 a.m.)

Tri-Vi-Flor 0.25 mg., 1 dropperful
Cereal with milk
Bread, muffins, bagels
Waffles, Pancakes, French toast
Fresh fruit
Juice or milk by the cup

Lunch

(11:30 - 12:30)

Sandwich
Soup
Pasta
Pizza
Vegetables/salad
Fruit
Yogurt/cheese
Milk

Snack

2:00-3:00 p.m.

Juice or Milk by cup
Whole grain crackers or cookies
Fresh fruit
Vegetables

Dinner

(6:00 p.m.)

Pasta/rice/whole grains/potato
Meat or fish
Vegetables
Fruit
Milk by cup