

# 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

## 24 MONTH OLD

### FEEDING SUGGESTIONS

Respect your child's emerging autonomy. Mealtime should not be battle time. Limit sweet snacks - use fresh fruits and vegetables instead. Now is the time to switch to skim milk and low-fat dairy products. Use fat-free frozen yogurt as an occasional snack or desert treat. All children should be completely off the bottle by now.

### GROWTH AND DEVELOPMENT

Your "baby" is losing the baby look and becoming taller and more muscular in appearance. She/he is very active and excessive energy and poor judgment can lead to accidents. You must be watchful at all times, especially outdoors and around pools. Many drownings occur at this age because of lack of constant supervision.

Your toddlers is curious, assertive, and more independent. This can create difficult situations at times, but these traits should not be thwarted-they are part of normal development. Do not expect your child to share toys easily. Peer or playgroups can be good for many toddlers-some can only cope with playing with one or two children at a time.

Provide ample opportunity for gross motor activities-running, climbing, three-wheel scootering, outdoor exploration. Channel your child's energy level in appropriate ways.

Praise good behavior, show lots of affection but also use appropriate limit-setting. "Time-out" is an effective discipline technique.

Toilet training can begin from anytime between 2 years to 3<sup>1/2</sup> years. So let your child be your guild about when to start. Boys often take longer than girls. The average age for toilet training is 3 years old. Many children will not be able to maintain dryness at night until the age of 4-5 years. Nighttime wetting is considered normal until age 6-7 years, especially in boys with a family history.

Limit television viewing-it should not be a substitute for parental interaction with the child. Encourage your child to play by herself for brief periods while you or her/him caretaker does chores.

## 24 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 (skim or 1%)

### Lunch

(11:30 - 12:30)

Sandwich  
Soup  
Pasta  
Vegetables/salad  
Fruit  
Milk (skim or 1%)

### Snack

(2:00-4:00 p.m.)

Milk (skim or 1%)  
Whole grain crackers or cookies  
Yogurt/cheese  
Fresh fruit

### Dinner

(6:00 p.m.)

Pasta/rice/whole grains/potato  
Meat or fish  
Vegetables  
Fruit  
Milk (skim or 1%)