

Early Childhood – 1 Year

Promotion of healthy habits

Injury prevention

Get down on the floor and check for new hazards now that the toddler is walking.

Switch to a toddler car seat and make sure it is properly secured each time it is used.

Reexamine the hot water heater thermostat to ensure that it is set at less than 120°F. Continue to test the water temperature with your wrist to make sure it is not hot before bathing your toddler.

Supervise the toddler constantly whenever she is in or around water, buckets, the toilet, or the bathtub. Young siblings should not be left alone to supervise a toddler (e.g. in the bathtub or in the house).

Continue to empty buckets, tubs, or small pools, immediately after use. Ensure that swimming pools have a four-sided fence with a self closing, self-latching gate.

Put sunscreen on the toddler before she goes outside to play.

Continue to keep the toddler's environment free of smoke. Keep the home and car nonsmoking zones.

Test smoke detectors to ensure that they work properly. Change batteries yearly.

Do not leave heavy objects or containers of hot liquids on tables with tablecloths that the toddler may pull down.

Turn pan handles toward the back of the stove. Keep the toddler away from hot stoves, fireplaces, irons, curling irons, and space heaters.

Ensure that electric wires, outlets and appliances are inaccessible or protected.

Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, and paints and paint solvents locked in a safe place out of the toddler's sight and reach. Never store poisonous substances in empty jars or soda bottles.

Keep cigarettes, lighters, matches, and alcohol out of the toddler's sight and reach.

Keep Syrup of Ipecac in the home to be used as directed by the poison control center or the health professional. Keep the number of the poison control center near the telephone.

Do not give the toddler plastic bags, latex balloons, or small objects such as marbles.

Continue to use gates at the top and bottom of stairs and safety devices on windows. Supervise the toddler closely when she is on stairs.

Confine the toddler's outside play to areas within fences and gates, especially at a child care facility, unless she is under close supervision.

Keep the toddler away from moving machinery, lawn mowers, overhead garage doors, driveways, and streets.

Ensure that a toddler riding in a seat on an adult's bicycle is wearing a helmet. Wear a helmet yourself.

Teach the child to use caution when approaching dogs, especially if the dogs are unknown or eating.

Choose caregivers carefully. Discuss with them their attitudes about and behavior in relation to discipline. Prohibit corporal punishment.

Enroll in a child cardiopulmonary resuscitation (CPR) course.

Nutrition

Feed the toddler at family mealtimes and give her two to three nutritious snacks per day.

As much as possible, let the toddler feed herself. Toddlers learn to like foods by touching and mouthing them repeatedly.

Offer the toddler nutritious foods and let her decide how much to eat. Toddlers will eat a lot one time, not much the next.

Anticipate that the toddler's rate of weight gain will be slower than in her first year.

If you are breastfeeding: Discuss with the health professional weaning from the breast when desired.

If you are bottle-feeding: Change from formula to whole milk. Milk requirements decrease to 16-24 ounces per day. Wean the toddler from the bottle.

Continue teaching the toddler how to drink from the cup.

Avoid giving the toddler foods and drinks that are high in sugar.

Ensure that the toddler's caregiver feeds her nutritious foods.

Avoid giving the toddler foods or small toys that may be aspirated or cause choking (e.g. peanuts, popcorn, hot dogs or sausages, carrot sticks, celery sticks, whole grapes, raisins, corn, whole beans, hard candy, large pieces of raw vegetables or fruit, or tough meat).

Oral health

Begin brushing the toddler's teeth with a tiny, pea-size amount of fluoridated toothpaste.

To protect the toddler's teeth, do not put her to bed with a bottle or prop it in her mouth.

Give the toddler fluoride supplements as recommended by the health professional based on the level of fluoride in the toddler's drinking water.

Make an appointment for the toddler's first dental examination and risk assessment.

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Promotion of social competence

Praise the toddler for good behavior.

Encourage language development by reading books to the toddler, singing her songs, and talking about what you and she are seeing and doing together.

Encourage exploration and initiative.

Encourage the toddler to play alone as well as with playmates, siblings, and parents.

To set limits and discipline a toddler of this age, use distraction, gentle restraint of the toddler, removal of the object from the toddler or the toddler from the stimulus, "time out," proximal parental presence, structure, and routines. Use discipline as a means of teaching and protecting, not punishing.

Limit the number of rules and constantly enforce them. Develop rules for all family members.

Anticipate and avoid unnecessary conflict situations.

Although hitting, biting, and other aggressive behaviors are common, discipline the toddler so that she learns not to do them.

Expect the toddler to sleep through the night in her own bed. Reinforce good sleeping habits. Maintain a regular bedtime ritual.

Promote learning of self-quieting behaviors. Consistently provide the toddler with the same transitional object - such as stuffed animal, blanket, or favorite toy - so that she can console herself at bedtime or in new situations.

Do not begin toilet training for many months. Discuss details of toilet training with the health professional at the next visit.

Limit television watching to less than one hour per day of appropriate programs. Watch programs with your child.

Anticipate that the toddler may touch her genitalia.

Promotion of constructive family relationships and parental health

Take some time for yourself and spend some individual time with your partner.

Pick the toddler up. Cuddle her, hold her, and talk with her.

Show affection in the family.

Spend some individual time with each child.

Create opportunities for each family member to interact with and play with the toddler every day.

Promote family communication. Play games with the toddler.

Share meals as a family whenever possible.

Reach agreement with all family members on how to support the toddler's emerging independence while maintaining consistent limits.

Limit the number of people who provide care for your child while you and your partner are working.

Discuss with the health professional your own preventative and health-promoting practices (e.g. using seat belts, avoiding tobacco, eating properly, exercising and doing breast self-exams or testicular self-exams).

Promotion of community interactions

Ask about resources or referrals for food (e.g. WIC), housing or transportation if needed.

Learn about and consider attending parent-toddler play groups.

Learn about and consider parent education classes or parent support groups.

Maintain or expand ties to your community through social, religious, cultural, volunteer, and recreational organizations.

Discuss with the health professional choosing and evaluating child care programs. Discuss the child care arrangements you have made.