

Let's **Grow**

...with your 13-18 month old | ISSUE SIX

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. He learns by doing things again and again. Allow him to explore and learn but keep him safe by preventing falls or other injuries. Encourage him to try, and support him through his failures. 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.

Let's Grow... Together!

"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



Feeding Young Children

A parent's responsibility is to offer healthy foods and to decide when and where meals and snacks will be served. It is the child's responsibility to decide whether to eat or not and how much to eat. Children's appetites vary from day to day and they know when they have had enough to eat. Kids stop eating when they are full. Trust their cues. Your child will get enough to eat if you offer regular meals and snacks and let him choose from what is served. Look at what your child eats over a period of time and don't focus on one or two scarce meals.

Continue to breastfeed on cue for the first 2 years and beyond. Breast milk remains your toddler's best option. Toddlers who are not breastfeeding may have 500 – 750 mL (16 – 24 oz.) of whole cow's milk (homo milk) per day. More than this may fill your child up and make him less hungry for solid food. Be patient and offer variety. Keep meal and snack times enjoyable. It is important that young children are given the opportunity to learn to like healthy foods.



A Difficult Day?

Some days with your toddler are not easy as he learns how to do things for himself. As he struggles with more independence you may notice more crying, yelling, or foot stomping. He may even bang his head on the floor. When your toddler loses control, he needs your help to learn how to calm himself. Try to keep calm yourself (count silently to 10) and provide comfort when he needs it. Even though you both may be frustrated, try to be patient and take time to help him learn.

Here are some tips to improve a difficult day:

- Let your toddler work with you: stirring, sweeping, dusting.
- Be flexible when planning your day. Do you really have to do everything on your list?
- Set aside time to play with your toddler. Read to her or sing rhymes.
- Play music. Dance.
- Take her out for a walk in the stroller.
- When your toddler naps, take time for yourself to read, have a soothing bath, or a nap.
- Talk to a friend or relative about how you feel.
- Try some child friendly activities - perhaps at the Early Years Centre or the Mother Goose program in your area.

Enjoy this special age – take one day at a time.



She Loves to Climb!

Your toddler loves to climb and explore. Here are some things you can do to keep her safe:



- Keep large stuffed animals and toys out of your toddler's crib. She may use them to try and climb out.
- Keep the crib away from windows and blinds. There is a risk that she could get caught in blind cords or fall out the window.
- If your toddler can get out of the crib then it is time to move your child to a bed. A toddler bed or a mattress on the floor are safe options. Portable bed rails should not be used until your child is 2 years old as they may cause entrapment. Be sure you have safety proofed the room.
- Give your toddler safe shoes or slippers to wear. Floppy slippers or big pants can cause her to trip.
- Keep doors closed or use a gate to protect your toddler from falls.
- Do not leave your toddler alone – even for a second! Watch her especially carefully if she is around a swimming pool or other water.
- Edges or corners of furniture can sometimes be sharp. Use corner guards to help protect your child from injuries.

Look At What I Can Do!

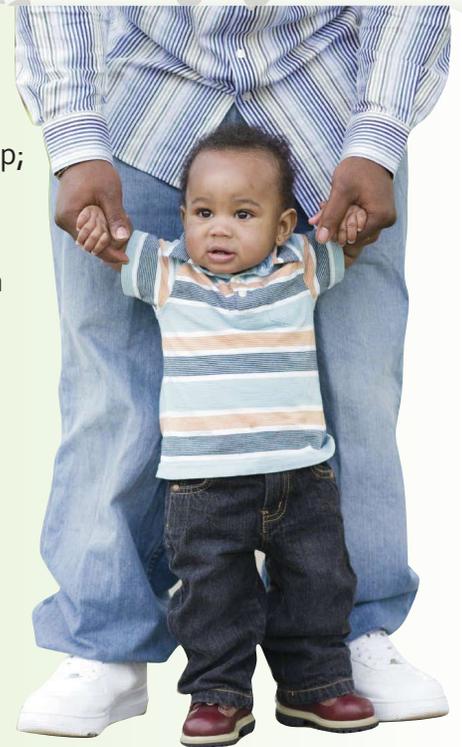
From 13 to 18 Months, these are some of the things I can do:

13 Months

- I walk along furniture and stand alone
- I drink from a sippy cup and can sip from a regular cup with help; I use a spoon or fork sometimes
- I love to kick and throw a big ball
- I can take off a piece of my clothing 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

18 Months

- 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 at a time by myself or with one hand held
- I love to "dance" to music
- I like to feed myself



Watch for these Speech and Language Milestones

At 18 months my child:

- Uses 20 or more words (e.g. "no", "ba" for ball, "more", "up")
- Uses more new words each week
- Begins to put 2 words together (e.g. "what's that?" or "no juice")
- Answers "what's this?" questions with true words like "car", "dog" or "book"
- Makes these sounds: p, b, m, n, d, g
- Understands more than he can say
- Follows simple instructions given without gestures like "Show me the ____" or "Give me the ____"
- Points to 3 body parts (e.g. eyes, nose, mouth)
- Uses toys for pretend play (e.g. uses blocks as cars)

Parents usually know their child best.

If you did not check all of the boxes above, please call **tykeTALK** at 519-663-0273 or toll free at 1-877-818-8255 to find out more that you can do to help your child learn to talk.

Don't Wait and See with Your Child's Development



18 months is a milestone for your child's development and a visit with your health care provider at this time is important. At this appointment, you will discuss your child's development and complete a developmental checklist. This provides a snapshot of your child's development and a starting point for your discussion. You will have the opportunity to ask questions and discuss any concerns you may have.

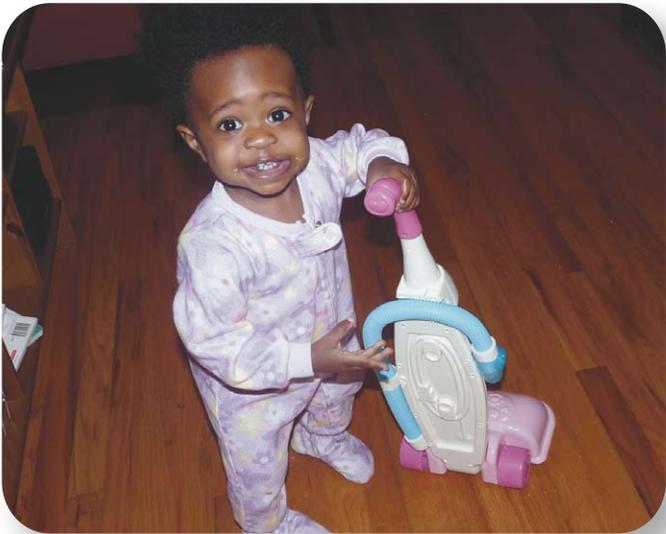
Your health care provider can give you information about community programs and ideas to promote your child's healthy development. If your child needs extra support, your health care provider can refer you to community services for your child. It is important for your child to get support early if you have any concerns. Don't wait and see with your child's development.



Play

Learning through Play

Your toddler loves to explore by touching and feeling things that are safe – plastic containers, running water, play dough or clothing. She is starting to push and pull things. Use a large ball and encourage her to roll it to you. A cardboard box makes a great wagon – your toddler can collect toys and take them for a ride! She loves to play **“find the toys”**. Hide your toddler’s toys in some of her favourite places and let her search for them. Give her lots of hints. She can recognize herself in the mirror so name her body parts. She might even show you where her nose is.



Grow

Independence Day

Your toddler is full of energy and enthusiasm. He falls often, so please make his space safe. Try placing interesting toys around the room so he can practice walking to them. Remember to praise and encourage your toddler – **“you can do it!”** He will help to pick up toys and put them away. If you spend a little extra time helping him now, he will learn to be able to do it himself. He feels good when he helps you.

Let’s Sing as we Tidy (to the tune of “The 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



Teach

Your toddler is now beginning to recognize his own name and is learning the names of people who are special to him. He is now using up to 20 single words and may use many sounds joined together that sound like another language. He likes to point to things around him and will look to you to tell him what they are. When you are giving your toddler a bath, you can share new words like **“bubbles”**, **“pour”** and **“splash”**. When your toddler points to things and uses his words or sounds, respond by repeating what he says and try to understand his message. He loves to be with you!

Discipline and Your Toddler

"Discipline" is really just teaching your toddler how to live in the world with other people. Your toddler does not think like you do and will respond to situations in a much different way. She does not know when she has done something that is not going to help her to live happily in the world with others. It is your job as a parent to gently guide her to learn to get along with others. Remember that your toddler wants your attention and to please you. Teaching your child discipline takes time and patience.

Keep these normal developmental stages in mind:

- Toddlers are learning to be independent. They want to do things all by themselves, no matter how long it takes.
- Toddlers get easily frustrated. This often happens because they do not have the physical skills or language to match their wishes.
- Toddlers do not have good reasoning skills. They do things without thinking about what will happen next.
- Toddlers have a very short attention span.
- Toddlers are "egocentric" – they think only about themselves and what they need much of the time. This is healthy and normal behavior.
- Toddlers have short memories. You will need to tell your toddler a rule over and over again. This is a very good reason not to have too many rules!

Here are some positive discipline tips that work well with toddlers:

- Give your toddler a choice whenever possible. **"Do you want to wear your red shirt or your green shirt today?"** Either way your toddler knows he has to get dressed.
- Preventing the situation is the best way to discipline. Give your child time to change activities. **"Three more slides and then we need to go home."**
- Child proof your home. This will reduce the number of times you have to say **"no"** to your child.
- Give information but keep it short and simple for toddlers. **"We don't bite. Biting hurts."**
- Model the behavior you want to see. For example, if you don't want your child to hit – don't hit.
- Toddlers can get distracted easily. Do not mention the misbehavior, but take the child's mind off it by drawing her attention to another activity. **"I was just going to get out the blocks. Would you like to play too?"**
- Try substitution. **"Jumping on the couch is dangerous. You can jump on the floor instead."**

Toddler Biting

Many toddlers bite sometimes; biting is common for children between the ages of 13 months and 30 months and should stop around age three. Biting is a commonplace behavior and has nothing to do with how "good" a child is, or how well he is parented.

Why do Children Bite?

- Every infant experiments with biting. It may feel good on teething gums.
- Toddlers may bite as an outlet for their feelings such as being frustrated or afraid.
- Toddlers may bite because they do not have the words to express their feelings.

How to Help Your Child Stop Biting:

- Watch for "predictors". Be on the lookout for frustrating situations so you can stop your child before they bite.
- Teach alternatives to biting such as offering your child a teething ring to bite instead or telling another child "no" if they are doing something your child doesn't like.
- If your child does bite, remove him from the situation. Compliment him when he is playing well with others.
- Be consistent. Explain that biting hurts and is not allowed.
- Never hit or bite your child. This only teaches your child that violence is an appropriate response to anger or frustration, which is exactly the habit you are trying to break.





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