



# The World of Toddlers 15-24 months!

4-C: Community Coordinated Child Care • 155 North Third Street, Suite 300 • DeKalb, IL 60115

For more information contact 4-C staff by phone:

1-815-758-8149  
or  
1-800-848-8727

Nurse  
Ext. 289 or 241

Social Worker  
Ext. 237

Provider Support  
Consultant  
Ext. 233 or 286

Help Finding  
Child Care  
Ext. 230

Help Paying for  
Child Care  
Ext. 225

Parenting Support  
& Information  
Ext. 237

## Helpful Hints:

The free Poison Control Number is 1-800-222-1222.

Use soft bristled toothbrushes for tooth brushing.

Keep curtain cords safely secured.

Never use food as a reward or punishment.

Read, sing, dance, and play music you both enjoy.

Routine is important to the toddler.

Toddlers enjoy playing with toys they can pull or push.

Enjoy parenting!

## Nutrition and Feeding:

- Provide child sized spoons and forks and the toddlers will learn to use them.
- Toddlers enjoy dipping and scooping their foods. They enjoy table foods that are plain and simple.
- Finger foods should be offered in small pieces to reduce the risk of choking.
- Toddlers need frequent offerings of food. They should be offered three meals and 2-3 snacks each day. They should be offered food about every 2-3 hours.
- It's the parents' responsibility to supply safe, nutritious food to toddlers, and it's the toddlers' choice to determine how much they'll eat. Never force them to eat or reward them for finishing a meal.
- To avoid possible illness or allergic reactions do not serve peanut butter, shellfish, or honey.
- Toddlers need fat in their diet for proper growth and development and absorption of essential nutrients. Fat restriction during the first two years is not recommended.
- Toddlers will become skilled cup drinkers. Using non-spill cups prevent messes, but toddlers need opportunities to learn to use straws and drinking from cups without lids.
- Meals and snacks should be offered at the table with others. At home, the toddler should eat with the family. Always sit with toddlers when they eat.

## Illness & Immunization:

Toddlers are building their immune system. They will have about 10 colds or respiratory infections, and 2-3 intestinal illnesses each year. Teach the health habits of wiping hands, wiping the nose, and the most important, hand washing.

Immunization protects children from many diseases and the suffering and complications they cause. To be protected, a child aged 16 to 24 months should be immunized as follows:

- **HepB** (Hepatitis Type B): doses at birth, between 1 to 2 months & 4 months;
- **DTaP** (Diphtheria, Tetanus, Pertussis): doses at 2, 4, 6 months & a booster at **15-18 months**;
- **IPV** (Polio): doses at 2, 4, months, and a booster at **6-18 months**.
- **Hib** (Haemophilus Influenza type b): doses at 2, 4 & 6 months, and a booster at **12-15 months**.
- **PVC** (Pneumococcal): doses at 2, 4 & 6 months, and a booster at **12-15 months**.
- **MMR** (Measles, Mumps, Rubella): the first dose at **12-15 months**.
- **Flu** (Influenza): **annual dose** starting at age 6 months.
- **Varicella** (Chicken Pox): 1<sup>st</sup> dose **12-15 months**.

## Parent and Child Relationship:

- Enjoy reading, "point to" games, and music with toddlers.
- Use normal speech and tell the toddler about "everything." , Using proper pronunciation, repeat the words toddlers say.
- Daily, dedicate at least 15 minutes of uninterrupted play and talk time with the toddlers (without TV or phone conversations).
- Toddlers enjoy chew toys. Be certain toys are non-toxic.
- Explain to the toddler about changes in routine and give warning about what is going to happen; i.e. "Soon I'll change your diaper."
- Provide daily safe climbing and exercise opportunities as toddlers like to be active.
- Follow the same routine when putting toddler to bed: dress in pajamas, read a book, cuddle, then off to bed.
- Parents are the most important people in the toddler's life. The child can't get enough of their love and attention.

## Expected Growth and Development:

- Toddlers learn to walk and run well, and climb stairs with assistance.
- Pretend play with toys, and finger play games are enjoyed.
- Toddlers often play next to other children rather than with them.
- Toddlers behavior is normally a bit more aggressive. Keeping them moving helps!
- Speech is developing during the toddler phase. Toddlers will begin putting words together.
- Toddlers thrive on routine. Daily routine is important for sense of security.
- Toddlers can begin to help with small tasks; i.e.: putting clothes in hamper, using napkin, or wiping their nose.
- Art and music activities are fun for the toddler and also contribute to their development.
- Naps will be fewer, but for longer times.
- Kicking and throwing skills, and a "heel to toe" walking pattern are developing.
- Toddlers need clear limits and boundaries, and benefit from clear and simple direction.

## Safety:

- Toddlers explore cupboards and closets, so keep cleaning supplies and medicines in safe places.
- Remove choking hazards, and check toys for safety and secure parts.
- Provide safe climbing areas.
- Be cautious, and remove water hazards that present a drowning risk. Even small buckets of water, or toilets are a hazard.
- Even in play, avoid tossing, or spinning children as brain injury can occur from such quick movements.
- Make the environment "toddler-proof." Remove hazards such as pointed edged tables and items that can be pulled off tables.
- Avoid foods that may cause choking, hot dogs, hard fruit and vegetables like raw apples and carrots. Cook to soften the food and chop into tiny pieces.
- Use smoke and carbon monoxide detectors at home.
- Do not allow smoking in the home or near toddlers as it contributes to illness and infection.
- Keep plants out of reach and be certain that they are not poisonous.
- Keep hot drinks out of reach.
- Anticipate changing abilities and skills, and make adjustments to maintain safe living spaces.

Choose quality child care for the toddler. For information about what to look for in a quality setting and for child care referrals, call the 4-C Child Care Resource and Referral Program at 800-848-8727 or 815-758-8149 x230. For parenting information call the 4-C Family Enrichment Program at extension 237. For information about 4-C, use extension 221.