

# Preparation for the Toddler Years

## Summary Points - Visit 2 - Chapters 4 - 7

### Segment 1

1. Most pretoddlers can transition to a sippy cup between 12 and 14 months.
2. A pretoddler, on average will receive up to 24 ounces of whole milk per day.
3. Iron deficiency becomes a risk factor when a pretoddler receives more than 24 ounces of milk per day.
4. Pretoddlers should not receive low or non-fat milk before age two.
5. A pretoddler can continue to receive iron fortified cereal until 18 to 24 months of age.
6. Pretoddlers usually have 3 meals a day with one afternoon snack.
7. Nutritionally speaking, pretoddlers tend to establish a “primary meal” for the day.
8. The spoon and fork can be introduced between 16 and 18 months.
9. A child’s appetite is not the same as hunger.

### Segment 2

1. For most pretoddlers, pureed baby foods are no longer necessary after 12 months of age.
2. Finger food bite size should be small enough to be easily swallowed even when not chewed properly.
3. Food and drink snacks should be limited to a specific location such as a snack chair or highchair.
4. Picky eaters tend to be the product of training more than genetics.
5. Persevere with your favorite family foods.
6. Become familiar with any family history of food allergies or dietary related medical conditions.
7. Foods that should not be served to pretoddlers include:
  - a. raw carrots
  - b. nuts
  - c. hard candy
  - d. popcorn
  - e. hot dogs or any skin meats
  - f. items with large amounts of processed salt
  - g. whole grapes

### Segment 3

1. Every child is different when it comes to naps and nap transitions.
2. Naps are still critical during the 12 to 18 month growth phase.
3. Naps transition from two per day gradually to one by 18 months.
4. Learn the difference between a “tired” pretoddler and a “fatigued” pretoddler.
5. Pretoddlers need optimal sleep to achieve optimal alertness required for optimal learning.
6. Persevere with your nap and nighttime sleep training.
7. If your pretoddler is not taking at least one good two-hour nap a day, the problem is with sleep management, not a lack of need.