

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

IRWIN H. BERKOWITZ, M.D., F.A.A.P.
MARK S. MANDEL, M.D., F.A.A.P.
JILL S. STOLLER, M.D., F.A.A.P.
STACEY A. ROSENZWEIG, M.D., F.A.A.P.
ADAM S. BLOOMFIELD, M.D., F.A.A.P.
MICHELLE S. MAYER, M.D., F.A.A.P.
REBECCA M. FRIEDMAN, M.D., F.A.A.P.
JANET B. PEPPARD, CPNP, RN

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 3½ years. 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.

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
Water or milk (skim or 1%)

Lunch

(11:30 - 12:30)

Sandwich
Soup
Meats
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%)

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www.chestnutridgepediatrics.com

Vaccine Info. sheets available on website

(Over)