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## *Information for You from Your Health Care Team*

### **Developmental Milestones/Activities/Issues Toddler (18 months - 2 years)**

#### **Milestones:**

- Drinks from a cup
- Running, jumping and climbing
- Walking upstairs
- Removes clothes
- Becomes more independent
- Turns pages of a book
- Uses a spoon
- Frequently says “no”

#### **Nutrition:**

Give a balanced diet: Two servings each of fruits, vegetable, and protein; three servings or more of breads and cereals; and four servings of a dairy product. Serve nutritious snacks. Don't force your child to eat - children will eat when they want. Try to limit milk to no more than 16 ounces a day. Foods should be cut in small pieces, no nuts, hard candy or large chunks of meat.

#### **Activities:**

- Provide different size boxes
- Read stories with her/him
- Provide them a shape sorter
- Provide things to take apart
- Provide water play
- Provide action toys

#### **Issues Related to Hospitalization:**

Separation from a parent may be difficult at this age. It is helpful if your child is able to develop a trusting relationship with a few staff members. Your child may display infant-like behavior while in the hospital. Praise behavior you would like to see displayed. If your child is refusing to eat in the hospital, bring in foods she/he likes from home or give a list of favorite foods to your nurse.

Speak up if you have any questions or concerns