

## Growing Independence!



At this age, your child is likely showing more independence. Encourage your child to do things for themselves like getting dressed and undressed and helping with household tasks, like sweeping or tidying up. Be patient. It may take longer than if you were to do things for them, but in the long run, you're giving your child an opportunity to learn and build skills.

Giving your child choices at this stage will help them learn to make decisions. Offering a choice between a limited number of things can help the learning process go smoother. For example, "Do you want the blue cup or the red cup?"

### Feeding Your Child

A positive relationship with food starts early in life with healthy eating habits. How you approach feeding and mealtimes is just as important as what you offer. To support your child's healthy eating, consider:

#### Roles of Parent & Child for Feeding

##### Adult's Role:

**What:** offer meals based on [Canada's Food Guide](#), including vegetables, fruits, proteins and whole grains.

**When:** set regular meal and snack times. Snacks can include foods missed at meal times like fruits and veggies.

**Where:** sit at the table with family/friends without distractions (e.g., tv, tablet toys).

**How Long:** set aside at least 20-30 mins for eating & when they are done eating, remove any leftovers without commenting.

**How:** keep mealtimes pleasant & relaxed. Respect your child's choices to avoid power struggles and don't worry if they choose not to eat some days. If your child chooses not to eat a certain food, be patient. It can take 8-15 or more tries before your child accepts a new food.

##### Child's Role:

**Let your child decide if they are going to eat and how much.** Allow them to follow their body's cues to know when they are hungry or full.

[Tips for Raising Kids with Healthy Habits](#)

[Say Goodbye to Picky Eating!](#)

### Your Baby's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive. Contact us to find out more or to get your child screened.



### Children and Mealtimes

**Mealtimes are a special time for families; let everyone help out and participate!** Give your child small tasks to start, like:

- helping with grocery shopping
- washing vegetables
- mixing a salad
- stirring
- adding ingredients
- setting the table

The more your child helps and learns about food, the more likely they are to eat what they have helped prepare. Talking and spending time at meals helps children develop social skills.

Teach your child to cook when they are young. It offers them lessons they will use for life.



## Car Seats



As your child grows, their car seat needs change as well. Timiskaming Health Unit Certified Child Passenger Safety Technicians are trained to help you understand when to go from a rear-facing car seat to forward-facing and then up to a booster seat.

Have your child's car seat checked FREE by trained staff. They will ensure your child is riding in the proper type of seat for his/her age, height and weight, check for wear and tear, proper fit, installation and anchoring. Your child's safety depends on it.

Call us today to book an appointment! [Learn more.](#)

## Learning & Having Fun

Wheeled toys can be fun! Sit-on buggies, scooters, small tricycles or any wheeled toy can help develop your child's movement skills. Your child can either peddle or move around by pushing with their feet. Let your child try wheeling on smooth, hard surfaces, rough carpets, or grass so that they can feel the difference of how hard they have to push. Always use a bike helmet. For help on fitting your child's helmet, [check out this video](#).



## Good Dental Habits

- Brush twice a day using a soft toothbrush
- Floss once a day
- Discourage use of pacifier or finger sucking

## How much does my child need?

	Guideline
Sleep	In a 24-hour period, 1-2 year olds should be getting 11-14 hours of sleep, including naps, with consistent bedtimes and wake-up times.
Movement	Your child should be getting at least 180 minutes a day of physical activity of any intensity. This includes energetic play and should be spread throughout the day. More movement is better.
Sitting time	Don't restrain your toddler in things like a stroller or car seat for more than 1 hour at a time. Screen time is not recommended. When sitting with your child, try reading, storytelling or singing with them.

[From: Canadian 24-Hour Movement Guidelines for the Early Years \(0-4\)](#)

## Screen time and young children

**Screen time includes using a tablet or computer, watching tv, and playing video games. Screen time is not recommended for children under 2 years old.** For children 2-5 years old, screen time should be limited to less than 1 hour per day. Why? Screen time replaces time that could otherwise be spent playing, learning or socializing, which are all really important to healthy child development. Limiting children's screen time can also help improve children's sleep, school readiness, attention span as well as maintaining a healthy weight. For more information on children's screen time, [check out this link.](#)



### CONTACT US!

Call us toll free 1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse



Services de santé du  
**TIMISKAMING**  
Health Unit