

12 Months to 24 Months

Diet

Many toddlers become more selective eaters. They also do not grow as rapidly during their second year of life. Here are some tips for navigating this stage:

Please discontinue the bottle. Offer whole milk (12-24 oz per day) at meals. We do not recommend exceeding 24 oz of milk per day due to the risk of iron deficiency anemia, poor appetite, and constipation. If your child cannot tolerate whole milk or lactose free whole milk, you can use soy or pea protein milk. Other milk substitutes are generally not recommended until after 2 years old as they have less protein and calories and often contain added sugar. Offer water throughout the day and if your child is thirsty overnight. Limit juice to a maximum of 4 oz per day.

Have your child sit at the table for 3 meals and several snacks per day. Try not to let them get in the habit of eating while watching TV or playing. Focus on offering a variety of healthy foods, including a protein, fruit, and vegetable, at each meal. Find ways for your toddler to help in the kitchen. Eat with them whenever possible and encourage trying new foods. Avoid foods which are easy to choke on. Popcorn, whole nuts, and gum are not recommended prior to 3 years old. Try to minimize sugary and highly processed foods.

If your child refuses to eat vegetables or fruits, please continue to offer them daily but it is ok to supplement with pouches or hide them in other foods too. If your child is a very picky eater, you can give them a daily multivitamin. Please look at the directions to make sure that it is appropriate for their age. If your child is still breastfeeding, continue vitamin D until they have transitioned to whole milk.

Dental

You should brush your child's teeth 2 times per day with a small amount of fluoride toothpaste (the size of a grain of rice). We recommend limiting the pacifier to sleep time only and weaning your child completely off the pacifier by age 2. Please schedule your child's first dental appointment by age 2.

Safety

Wisconsin law requires that children ride in a rear-facing car seat until they are 1 year old and 20 pounds. The AAP advises that children stay rear-facing until at least age 2 and as long as possible.