



Some toddlers are prone to constipation and have pain when they pass a stool. This can lead to lots of problems including difficulty with toilet training.

You can help to prevent constipation and the difficulties that result by promoting foods that have more fiber in them. Fresh fruits and vegetables are usually very helpful. Using brown rice rather than white rice is helpful too. Many people aren't used to making or eating brown rice. You can try mixing some brown rice into your white rice before you cook it and gradually get your family used to the change.

In addition to fiber, your child needs lots of water to drink to help prevent constipation. Some children who consume more than 16 ounces (2 cups) of milk daily become constipated, and do better when the amount of milk in their diet is decreased and more water is consumed.

Developing Good Habits

The most important habit to work on at this age may be the habits of all of the adults who care about your child. Your child is much more likely to have good eating habits develop if all of the adults in his life allow him to learn for himself how much he needs to eat. Many adults seem to worry a lot about whether a child of this age is eating enough. As a result of this worry, adults may encourage children to eat more than they want or need. Sometimes adults will work really hard to find something that a child is willing to eat.

Try to believe:

Parents (and other adults caring for the child) decide:

- What food is served
- When food is served

Children decide:

- Whether or not to eat
- How much to eat

Screen Time

The American Academy of Pediatrics recommends that children under two years old should never watch TV or videos. Most parents do not follow this recommendation.

If your child will be likely to see TV or watch videos, make sure you choose what he or she will watch, turn it on when it is due to start, and then turn it off again once it is done. This will help you to be more aware of what your child is watching and for how long. Kids who sit in front of TV for long periods have been found to be much more likely to become overweight.

Activity

Children of this age often enjoy crawling under and around obstacles, playing with large balls and inflatable toys, digging and building in the sand, and (when supervised) playing with water in the bath or a shallow pool.

They love to push and pull objects, and climb up and jump safely down from small heights. They need close supervision to be safe!