

Caring For Your Toddler During GROWTH SPURTS



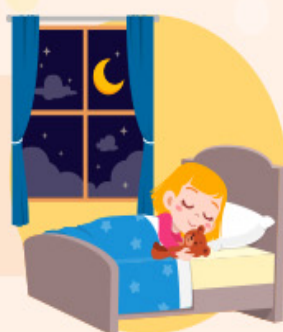
Provide an emotionally and physically healthy environment.

Offer healthy, balanced meals multiple times a day.



Engage your toddler in learning a hobby/skill of their choice.

Encourage healthy sleeping habits and bedtime routines.



Ensure physical activity or outdoor time, at least an hour daily.

Maintain your calm in managing their changing emotions.



Speak to a doctor if you have concerns about your toddler's growth.

REFERENCE:

Growth Spurts & Baby Growth Spurts; Cleveland Clinic