1-2-3 Years Milestones
Article

Walking through more stable years

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Once your baby turns into a toddler, it’s a whole new, very mobile, world. Your child is now moving around faster than you ever imagined. It’s an exciting time. They’re walking, tumbling, running, and you’re wondering how on earth your little bundle of joy has grown so fast.

While growth slows down now, babies that age are still growing and now’s the time to make sure your child gets the proper nutrition.

Calcium and Vitamin D are crucial for the proper growth of bones. Research shows that the diets of many toddlers fall short of the requirements for these nutrients, so make sure you adjust their diet or provide them with supplements (TIP: Make a chart of super foods that can help your child get the proper nutrients. List the nutrients (Calcium, Fiber, Potassium, Vitamin D, etc.) and have your child draw the foods that are rich in those nutrients.)

As toddlers learn how to move around in new, exciting ways, their motor skills are in full development. A diet with sufficient protein has been shown to help toddlers reach motor milestones. Iron is also key to ensuring proper motor function. (TIP: S-26 Progress GOLD can provide a large percentage of the key nutrients for toddlers!).

While your toddler is making the transition to an adult diet, he or she must obtain a full complement of nutrients. Toddlers require 13 vitamins and at least 16 minerals to keep their bodies working and growing properly. (TIP: Just three servings per day of S-26 Progress GOLD help meet your child’s nutrient needs.)

Reference:

Progress Gold Website