

A Child's Mind & Body







~Raising a Child 1 Year 6 Months of Age~

● What happens around this age?

Children learn many things from the environment around them, especially around the age of 1 year and 6 months, as they transition from “infant” to “child”. Their athletic abilities begin to improve, curiosity abounds, and the number of things they can do expands. They begin to have a sense of “self”, and begin to properly assert themselves.

This is an important age, for both their mental and physical health.

For example, you will likely begin to see or experience many of the following:

<ul style="list-style-type: none"> ● Walking confidently on their own, and climbing stairs using the railing 	<ul style="list-style-type: none"> ● Making basic pictures or scribbling 	<ul style="list-style-type: none"> ● Making a tower using building blocks 
<ul style="list-style-type: none"> ● Start speaking basic words with meaning, such as “Mama” or “Boo-boo”. 	<ul style="list-style-type: none"> ● Pointing to animals they recognize in picture books, like dogs and cats 	<ul style="list-style-type: none"> ● Turning to face you if you call out their name 

● Recommended games to play

Games that use the body

Experience the fun of using the body and ways in which it can be moved. Make sure they have durable, well-fitted shoes when playing outside!



- Stepping over ropes or poles as they walk
- Rolling or throwing a big ball
- Rolling themselves sideways across a room



- Interacting with plants/wildlife
- Molding sand and mud
- Singing songs or playing instruments
- Reading picture books together

Games that stimulate their creativity

Reading picture books and singing songs will help improve their imagination.

Avoiding Accidents

Children older than one and a half years are capable of much more movement. Have a quick think about your daily life, and check to see if any of the things listed below need changing.

- Throughout your daily life
 - Never leave your child alone at home or in the car
 - Never leave any small or dangerous objects within reach
(Cigarettes/Ash Trays Heater Rice Cooker/Kettle Peanuts/Candy Medicine Detergents etc.)
- When at home
 - Pay careful attention to safety precautions when buying toys or baby specialty items
 - To prevent dangerous falls on staircases, install childproof gates
 - Never leave the bathtub filled with water
- In the car
 - Attach a child seat to the front passenger seat whenever riding in the car together

● Protecting against cavities

At one and a half years of age, our baby teeth start to come through. It is very easy for cavities to form on baby teeth. This is why we see the number of children with tooth cavities increasing.

Always keep in mind that mums and dads need to help out with brushing teeth at this age to keep teeth healthy and strong.

① How many children in Miyakonojo around 1 Year 6 Months of age have cavities?

The number of children in Miyazaki Prefecture with cavities ranks in the top 3 nationwide. Miyakonojo City has a large number of children with cavities, even for our prefecture. Let's make sure we all brush our teeth, and do what we can to reduce cavities!



【Number of Children with Cavities (%)】

	1 Year 6 Months Old			3 Years Old		
	2016	2017	2018	2016	2017	2018
Nationally	1.47	1.31	1.15	15.8	14.4	13.2
Miyazaki Prefecture	1.70	1.20	1.38	21.8	19.9	18.9
Miyakonojo	2.19	1.20	2.7	22.8	24.8	22.9

② How can I protect my child from cavities?


Tooth cavities are the result of interactions between **tooth enamel**, **food** and **cavity-inducing bacteria** accumulating over time. There are ways to help prevent cavities relating to each of these. Let's do what we can to fight cavities!

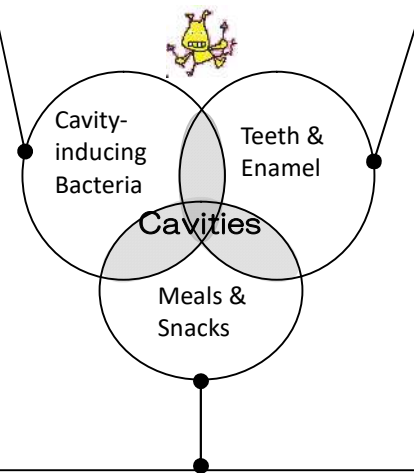
Brushing your teeth

Make sure to brush their teeth after meals and before bed.

As young children may not be able to do a good job on their own, make sure an adult checks in and helps them out.

If your child doesn't like being helped out, work from the back teeth to the front. As the front teeth have a connection to the lips, many children dislike contact from a toothbrush there; gently using your finger on these teeth is enough.





Adding Fluorine

Fluorine helps make teeth stronger, remove cavity-inducing bacteria, and generally helps prevent cavities from forming.

Fluorine treatments, as well as fluoride-added toothpastes and mouthwash are commercially available.

A balanced diet and smarter snacks

- ① Make sure your child learns to chew well
- ② Avoid sweets where possible
- ③ Give snacks at a fixed time

After eating or drinking sweet food or drink, or when snacking throughout the day, cavity-inducing bacteria build over time, leading to an increased risk of cavities forming.

Key Points

- If you cannot brush their teeth after a meal, drinking non-sweetened water or tea is also effective.
- Foods such as root crops (lotus root, burdock, carrot, etc.) and seafood often require more chewing.

● **Things to keep in mind with Food** ~Concerns about “Picky Eating”, “Irregular Eating” & “Playing with Food”~

Point 1: Keep in mind how much flavouring/seasoning you add

- One half to one third of a regular adult amount is sufficient.
- To help develop their sense of taste and avoid lifestyle disorders, remember to keep seasonings mild.

Point 2: Develop new ways to prepare food

Why?

While your child’s baby teeth may have started to come through, they are still small, and cannot cut through or break down food as easily as adults. Because of this, there are foods that children won’t eat; not due to a dislike of the food itself, but rather because it is difficult for them to eat!

- Keep things such as “Have I made this hard to eat?” or “Are they just swallowing it whole?” in mind, and see how your child is eating.
- Make changes to your meals, such as your food’s size, toughness, or difficulty to cut, to make it easier for your child to eat.

~Common Food-related Concerns~

Meals seem to take forever...

Consider making changes such as eating outside (at a park or in your garden), or changing how you load up their plate.

If the atmosphere around food changes, their interest and attitude towards food will as well.

They seem to struggle with eating, and get angry often...

At this age, they still can’t eat too well. At this age, so long as they enjoy eating, it’s okay. If eating is something that becomes praise-worthy, they will learn to overcome things they dislike, leading to improved mental and physical growth. Give them plenty of praise, let them feel a sense of accomplishment and confidence, and allow them to build an impression that eating is good and fun.

☆Where possible, let your child help out with food preparation.

Being directly involved helps interest to form.☆

What should we do about snacks?

Point 1: Decide on when and how much

- Make sure to not snack slowly across the day. This leads to the increased formation of cavities.
- Make sure snacks don’t impact on main meals.
- Make sure there are times when you don’t eat. Always being full leads to a decreased appetite and under-eating.

Point 2: Consider snacks like a meal

- Snacks can be used as an opportunity to balance out carbohydrates, sugars, vitamins, minerals, and other forms of nutrition.
- Where possible, avoid snacks that are high in sugar or oil.



♪Try it at home.....『Japanese-style Microwave-steamed Carrot Cake』.....♪

Ingredients: serves 15 * 5cm diameter paper cake tins

- 1 Egg
- 50g Sugar
- 2 Tablespoons (24g) Salad Oil
- 50g Carrots
- 80g Cake Flour
- 1 Teaspoon (4g) Baking Powder

55kcal per serve

Method: ✖These will puff up, so don’t put in too much batter!♪

- ① Peel carrots, and finely grate.
- ② Break egg into a bowl, add sugar, and whisk until a thick, white lather is formed. Slowly add salad oil, add carrots from ① and mix.
- ③ Combine the ingredients in [A] and add to ②, mixing ingredients thoroughly with a rubber spatula.
- ④ Fill the paper cake tins with batter from ③ until half full. Heat in the microwave without wrapping for 2-4 minutes, watching carefully as they heat.

● **Please check your Maternal & Child Health Handbook (母子手帳、Boshi Techō) for vaccination information.**



The most effective way to protect your child from communicable diseases is preventative vaccination.

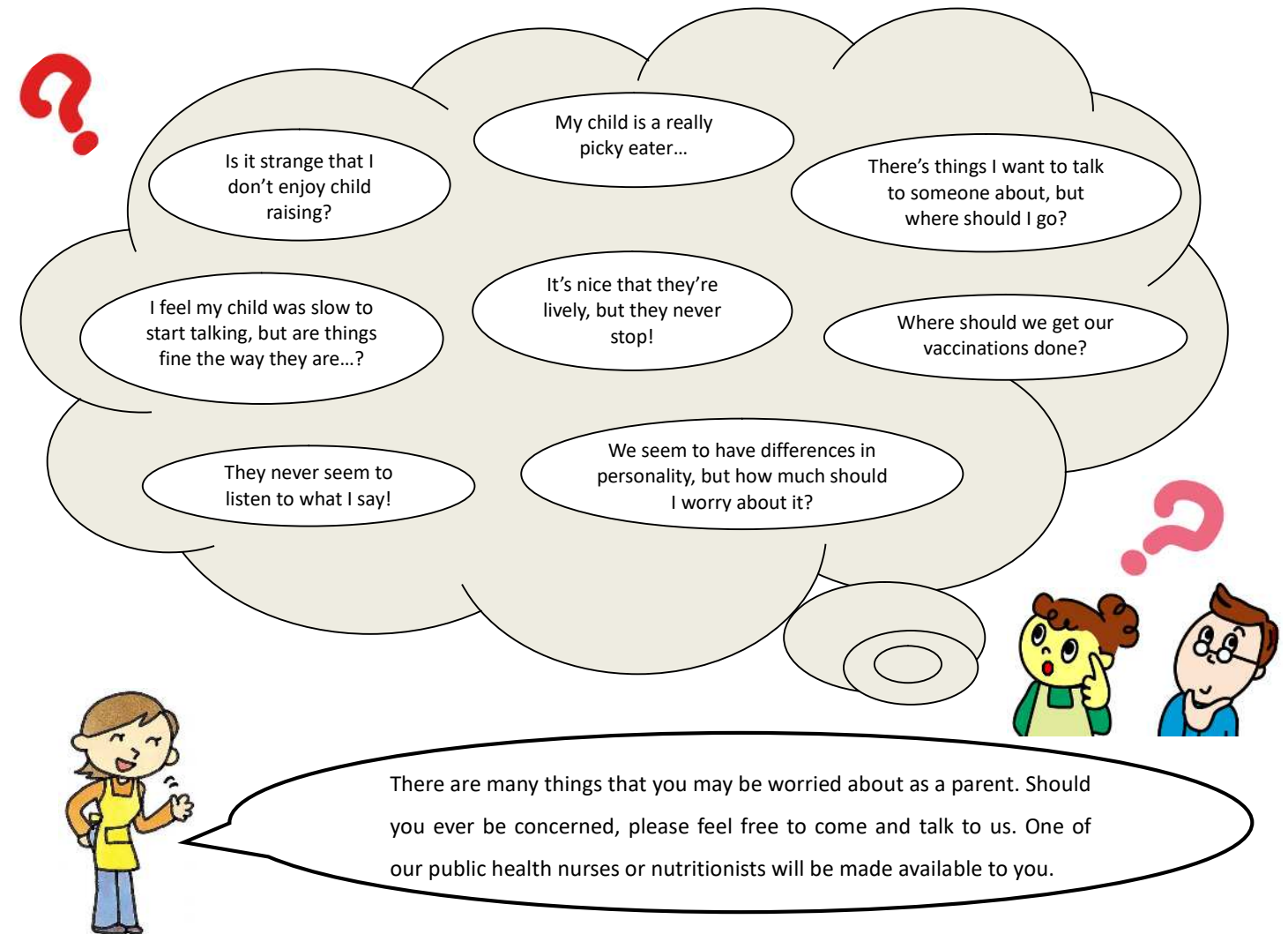
Take a look at your Maternal & Child Health book, and if there are any vaccinations that you have yet to complete, please do so as soon as possible.

From 1-2 years of age, your child can receive the mumps & rubella combination vaccination.

If you have yet to do so, please complete this vaccination as soon as possible.

Consultations for Concerned Parents

~Raising children through the helping hands of the community~



Consultations Regarding Child Raising

- Miyakonojo-shi Hoken Centre (City Centre, within Mallmall)
- Higashi-bu Hoken Centre (Takajō Hoken Centre)
- Nishi-bu Hoken Centre (Takazaki Fukushi Hoken Centre)

- ☎ 36-5661
- ☎ 58-6800
- ☎ 62-4411

You can call or visit us anytime, whether you have an upcoming medical checkup or not.

Please don't hesitate to get in touch with us.