

2 Year Old Visit



NUTRITION

Your child should be eating 2-3 meals per day and 1-2 snacks per day, but please do not substitute a meal with a snack. It is normal to have a decreased appetite and meal-skipping at this age. Offer healthy selections of food at each meal and avoid filling your child up with sweets or other snacks. Children will sometimes skip meal but they will eat when their bodies are growing or need fuel. We recommend changing to a lower fat milk (2%, 1%, or fat-free). The calcium in 16-20oz of milk is adequate for the day. A multi-vitamin will provide the 400IU of Vitamin D that is needed. City water (tap) is fortified with the fluoride your child needs.

Avoid foods that can be swallowed whole and block the windpipe such as hot dogs cut into round pieces, nuts, hard candies, gum, grapes, raw carrots and spoonful's of peanut butter.

SAFETY

- Your toddler can now sit in a forward-facing car seat with a harness until he or she reaches the maximum weight or height for the seat.
- Accidents are the leading cause of injury and death to children at this age. Supervise your child closely at all times, especially when near water, traffic and when in public places. Pool fences should be 4' high and have self-closing latches.
- Remember to use sunscreen with SPF ≥ 30 and insect repellent with DEET 10-24%.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program**

TOILET TRAINING

Toilet training may be started when your child has dry periods of about 2 hours, knows the difference between wet and dry diapers, can pull his/her pants up/down and can signal when he/she is about to have a bowel movement. Look for these signs of readiness before embarking on this endeavor! The average age is approximately 27-30 months. Night time training develops at an older age, when the child can wake up and get to the bathroom on his/her own.

IMMUNIZATIONS

We recommend yearly flu vaccines with the injectable flu vaccine or intranasal flu vaccine. If your child did not receive one today because we are not in the flu season, call us around September/October to check on our supply of the vaccine. If we have the vaccine available, please come in to be immunized.

Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.

TEETH

Brush twice daily with a rice grain-sized amount of fluoride toothpaste.

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ cm (_____ %)

DEVELOPMENT

At this age you may notice your child:

- Climbs up and down stairs; kicks balls
- Jumps off the floor with both feet
- Uses a fork and spoon well; scribbles and stacks
- Combines 2 or more words
- Says "no," tests limits and may have tantrums

PROMOTING DEVELOPMENT

- While most play is still parallel, offer play time with other children to promote development of cooperative play.
- Point out shapes and colors to them. Count often and read daily.
- Provide crayons, puzzles, shape sorters and pretend play objects for their fine motor and creative skills.

DISCIPLINE

Praise your child for good behavior and accomplishments. Temper tantrums are common in 2 year-old children and most should be ignored. If your child has an aggressive tantrum or act of disobedience, he/she should receive a 2-minute time-out after the tantrum is done. Work on correcting 1-2 behaviors at a time. Be consistent in following through with reasonable rules.

FOCUS ON FAMILY

- Family dinners help promote healthy eating, manners, and relationships.
- Good bedtime routines keep the child's sleep hygiene healthy and foster healthy adult relationships

Next visit at 3 years