



WELL CHILD CARE

Two year old check-up

At this visit we will check your child's growth and development, and make sure that immunizations are all up to date. Your child may have a Hepatitis A vaccine that will need a booster only visit in 6 months. After age two, we want to see your child once a year for a complete checkup.

FEEDING:

- Your toddler pretty much eats what you eat. He really likes to feed himself and may find finger foods easier to eat. He prefers plain foods to combination foods. He still may be a picky eater sometimes.
- Offer a balanced diet with all 4 food groups (like fruits, vegetables, meats, etc.).
- You can give him 2% milk or whole milk.
- Sit with him when he eats to make sure he is safe and to work on social skills.

SAFETY:

- It is ok to give your child Tylenol or Ibuprofen (see dosing sheet for correct dosage), but if your child has a high fever – greater than 103.4 rectally – and you do not know why, your child should be seen within 24 hours.
- Two year olds are becoming more and more independent. They like to explore and will get into just about anything. You should make some safety rules and discuss them with your child.
- Two year olds should NOT be allowed in or near the street. Teach them to stay away from the water.
- Guard against drowning. Knowing how to 'swim' does not, in anyway, make a child water safe. You should never leave a bucket or doggy bowl with water where the child can reach. If you have pool, you should have a four-sided fence with a self-latching gate. Nothing can replace constant adult supervision, but since 24 hour adult supervision is impossible, barriers like a 4-sided fence are necessary. Remember, deaths due to drowning are the #2 cause of death in children this age.
- The garage is not safe place to play.
- They should avoid stray dogs or pets.
- Be sure your water heater is set at 125 degrees (Law), or less, to prevent scalding burns.
- Teach your child not to play with matches and about the hazards of fire.
- Once again you should check the medicine cabinet, cupboards and garage to make sure there are no harmful substances around that your child might ingest. Make sure you have the poison control number posted near your phone (1-800-222-1222).
- Your child should always be in an infant/child seat while riding in the car. We encourage you and older children to always use seat belts. This will set an example for the youngster, so that at 5 years old the transition to a seat belt with booster will seem natural. (Remember children will be in a booster seat, usually through the 7th or 8th year –before going to seatbelt alone!)

BEHAVIOR:

- This is the age of negativism. It is a normal stage for children. They say "No" to everything even when they don't mean it. Many of their "no's" can be ignored. Remember that consistency is the key to discipline. Continue to offer him two choices when possible, so he can say "yes" too. Positive words of approval will reinforce and encourage good behavior.
- Two year olds like to imitate you, so try to set good examples for them. Encourage help from your toddler; allow him to help you with housework and doing small jobs at home.

MOVING:

- A toddler likes to move around: running, kicking, climbing, jumping and pedaling his tricycle. He has a short attention span and moves from one activity to another within a few minutes.
- Have you noticed how much he wants to be outdoors? This is because he can make more noise and play harder.
- He needs you right by him when he plays because his judgment and self-control lag behind his motor skills.
- He can hold a pencil fairly well. See if he can draw a circle for you.

DISCIPLINING:

- When your toddler is behaving well, let him know. It is always more fun to get hugs than to be told you did something wrong. Be sure the rules for your toddler are always the same every day with all adults.
- Use time out when your toddler is not following the rules.
- Temper tantrums are still around. This is because he still cannot express himself the way he wants. Try to get involved before the tantrum starts. When they do begin, either take your toddler to a quiet place or leave your child's sight. He will get tired of no one watching.

TALKING TO YOUR TODDLER:

- You can really hold a conversation with your toddler now. He can talk in 3 to 4 word sentences.
- He loves to read books and turns the pages by himself. Keep reading to him. This helps increase his vocabulary.

SLEEP:

- Your toddler needs about 9-13 hours of sleep at night with a 2-3 hour nap during the day.
- Toddlers really like a routine. It is very helpful to have the same activities before sleeping every night.
- Set a reasonable bedtime and stick with it. Your child should be sleeping in his own bed by now.
- It can be helpful to have a "transitional" item at bedtime, such as a blanket or soft animal.

TOILET TRAINING:

- Some toddlers are ready at 24 months for toilet training, and others are not. When you start to potty train, use a relaxed, calm manner.
- Do not try to pressure your toddler before he is ready.

TEETH:

- Your child should be brushing his own teeth after meals. You need to supervise this and help to brush the teeth really well at least once a day. Use dental floss on his or her teeth once a day. At age 3 your child should be seen by a dentist. If there is obvious tooth decay, the first dental checkup should be at an earlier stage.