

2 year Check-up

Normal Development: Your child may...

Social-Emotional

- Imitate adults
- Increase pretend play (e.g. rocking, feeding, or putting baby doll to bed)
- Play alongside other children (parallel play)
- Refer to self more often as “I” or “me”
- Have established a special attachment to a transitional object

Communication/Language

- Have a vocabulary of at least 50 words
- Use 2-word phrases like “want milk” or “go home”
- Ask parent to read a book

Motor

- Jump off of two feet
- Go up and down stairs one step at a time
- Stack 5-6 blocks
- Make or imitate horizontal and circular strokes with a crayon
- Turn book pages one at a time

Cognitive

- Follow 2-step commands like “Pick up the doll and bring it to me”
- Name one picture, such as cat, horse, bird, dog, or man
- Complete sentences and rhymes in familiar books
- Point to picture in a book in response to “Where is the ____?”

Diet

- Struggles over eating arise for many parents at this age. Try to have patience with your toddler and avoid fights over food.
- A toddler frequently eats a large amount at one meal and very little at the next. However, hunger guides healthy toddlers, who will eat a sufficient amount over time. The key is to offer nutritious foods consistently and not worry about whether all the food is finished each time.
- Let your toddler decide what and how much to eat from an assortment of nutritious foods you offer. Trust your child’s ability to know when he/she is hungry and full. If asked for more, provide a small additional portion. Accept your toddler’s decision to stop eating.
- Let your toddler experiment with a variety of foods from each food group by touching and mouthing them.
- Avoid small, hard foods like peanuts or popcorn, on which your child can choke, and cut any firm, round food (e.g., hot dogs, raw carrots, or grapes) into thin slices

Sleep

- A 2 year old sleeps about 12 to 14 hours a day, typically 10 hours overnight and 2-3 hours of napping. By this age, most children go from two naps a day to one.
- Some children at this age, even though they have been sleeping well, may go through a short period of night waking. If this happens, do not give your child enjoyable attention. A brief visit with reassurance from you is

all that is needed for your child to return to sleep. Provide your child with a stuffed animal, blanket, or favorite toy to help soothe and console at bedtime.

Toilet Training

- Encourage toilet training when your child is dry for about 2 hours at a time, knows the difference between wet and dry, can pull pants up and down, wants to learn, and can tell you when about to have a bowel movement.
- You can help your child be successful by: dressing in easy-to remove pants, establishing a daily routine, placing on the potty every 1 to 2 hours, and providing a relaxed environment by reading or singing songs while on the potty.
- Children use the toilet more frequently than adults, often up to 10 times a day. Plan for frequent toilet breaks when traveling with your child, even if you are out for a short time.
- Clean potty chairs after each use.

Hygiene

- Help your child wash hands after diaper changes or toileting and before eating. Make sure to wash your own hands often.
- An important routine to establish during this age is daily tooth brushing as soon as teeth erupt. Establish a regular time each day for this task, such as after breakfast and before bed. Use a soft toothbrush with a smear of fluoride toothpaste (the size of a grain of rice) to brush teeth twice daily
- Your child should visit the dentist for the first time 6 months from the 1st tooth eruption and have regular check-ups every 6 months.
- Teach your child to sneeze/cough into his/her shoulder.
- Clean your child's toys with soap and water.

Stimulation

- Read to your child every day. Many toddlers love to hear the same story over and over. This is normal. Ask your child to point to pictures of objects, animals, or people on the page. If the story is familiar, pause every now and then for your child to insert a phrase or sound to help tell the story or to finish a familiar sentence or phrase.
- Many children struggle to respond quickly at this age, so talk and question slowly so that your child has the opportunity to respond without pressure. Praise all efforts to respond and repeat what is said in an affirming way.
- Encourage your child to play with other children, but do not expect to be able to share toys yet.
- Limit TV/video/computer/tablet/smart phone watching to no more than 1 to 2 hours per day. Choose alternatives for together time, such as reading, listening to music, or playing games. Watch together and talk about what you see. Be aware that though the TV show may be appropriate for your child, the commercials may not.

Discipline

- Praise your toddler for good behavior and accomplishments.
- Redirection and positive attention for good behavior with consistent limits (even between caretakers) is key to surviving your child's new found independence.
- Discuss plans for "time-outs" when needed to calm the situation, and "time-ins" when the unwanted behavior ceases. At this age, "time-outs" may take place in a playpen or crib to protect a child from injury and should be brief (2 minutes).
- Do not allow hitting, biting, or other aggressive behavior. Brief time-outs are a good way to tell your toddler these behaviors are not appropriate.

Safety

- Car Safety: In the car, make sure everyone wears a safety belt. If your child is 2 years old and has reached the maximum weight or height requirements specified by the manufacturer of the car seat, you may transition to a forward facing car seat with a harness. The car seat should still be placed in the back seat.
- Crib Safety: If your child is attempting to climb out of the crib, it is time to transition to a toddler bed.
- Choking Hazards: Keep plastic bags, latex balloon, or small objects such as marbles away from your toddler. Be sure there are no dangling telephone, electrical, blind, or drapery cords in your home.
- Home Safety: Use gates at the top and bottom of stairs and watch your toddler closely when on stairs. Make sure

televisions, furniture, and other heavy items are secure so that your child cannot pull them over. If they seem unsteady anchor to the wall. Place floor lamps behind other furniture. Keep furniture away from windows and install operable window guards on second story and higher windows. Keep sharp objects such as knives and scissors your of your toddler’s reach. Do not leave heavy objects or containers of hot liquids on tables with tablecloths that your child might pull down. Turn pan handles toward the back of the stove. Keep your child away from hot stoves, fireplaces, irons, curling irons, and space heaters.

- **Poison Control:** Lock up all medications and keep all household cleaners and poisons out of reach. Never refer to medicine as candy. Because children like to mimic what you do, do not take medicine in front of your child. Keep the **Poison Control Center** number handy **1-800-222-1222**. If you know or suspect that your child has ingested a potentially poisonous substance, call this number immediately. Do not make your child vomit.
- **Water Safety:** Watch your toddler constantly whenever near water. Your child can drown in even a few inches, including water in the bathtub, play pools, buckets, or toilets. A supervising adult should be within an arm’s reach providing “touch supervision” whenever young children are in or around water. Empty buckets, tubs, or small pools immediately after you use them. Be sure that swimming pools in your community, apartment complex, or home have a 4-sided fence with a self-closing, self-latching gate.
- **Helmets:** Be sure that your child wears a helmet when riding on a tricycle or in a seat on an adult’s bicycle. Wear a helmet yourself.
- **Guns:** The best way to keep your child safe from injury or death from guns is to never have a gun in the home. If it is necessary to keep a gun in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun. Make sure every house your child visits follows these same standards.
- **Smoke Detectors:** Make sure you have a working smoke detector on every level of your home, especially in the furnace and sleeping areas. Test smoke detectors every month.

Health Maintenance

- **Immunizations:** Vaccinating your child is one of the most important things you can do to keep your child healthy.
 - Vaccines recommended at today’s visit: Hepatitis A #2, Flu (if in season)
- Your next visit will be when child is 2 1/2 years old. We look forward to seeing you then!
- **Reasons to call us:**
 - Fever alone is not an emergency. Call us right away if your child has a fever (temperature 100.4 and above) plus any of the concerning symptoms below. If your child has a fever, but is otherwise well, you can manage at home with comfort measures until able to be seen in the office. For Tylenol and Motrin dosing see our website at www.vapg.com. Please make an office visit for any fever that lasts longer than 4 days.
 - If your child is having any feeding difficulties and making urine less than every 6 hours.
 - If your child appears to have difficulty breathing shown by grunting, retractions (sucking in of the skin above the collarbone, between ribs, and below ribs), or flaring of nostrils with each breath.
 - If your child is lethargic, difficult to arouse, and not responsive to auditory or tactile stimuli.
 - If you have any questions or concerns about your child. We are always here to help.

Care Plan:

For more information see our website at www.vapg.com and the Healthy Children website from the American Academy of Pediatrics www.healthychildren.org