



2-YEAR VISIT

NUTRITION

- Lower fat milk (1%-2%) is okay now. Offer 3 servings of dairy for a daily total of 800 mg of calcium.
- Serve a complete variety of table foods with 3-5 servings of fruit and vegetables each day.
- Avoid fast food, high-fat foods, and junk foods.
- Allow experimentation and don't force eating.
- Eat meals as a family and not in front of the TV.
- Avoid foods that cause choking: peanuts, popcorn, carrot sticks, raisins, hard candy, etc.
- Juice is not recommended. If given, dilute with water and limit to 4-6 ounces per day.
- If your child is still on the bottle, it **must** be discontinued to avoid early childhood dental cavities.

SLEEP

Most 2-year-olds require a total of 12 to 14 hours of sleep which includes a 2-3 hour nap or 2 shorter naps. Establishing a bedtime routine is important in facilitating good sleep both now and in the upcoming years. A special comfort object (like a blanket or stuffed animal) is also quite helpful. Your child should not have a television in his/her room, nor fall asleep in front of the tv. It is normal for 2-year-olds to resist going to sleep, be fearful of the dark and have occasional nightmares.

SAFETY

- When giving liquid medicine, always use the dropper or syringe that comes with medication. If medication does not come with a dosing device, ask your pharmacist for one that should be used. Never use teaspoons, tablespoons, or other spoons to measure medicine.
- Use a toddler car seat in the back seat facing forwards.
- Children should not ride in the front seat, especially with airbag.
- Water heater temperature should be at 120°F.
- Check for hazards at your child's level.
- Provide a smoke-free environment at home or in car.
- Put gates & window guards up as needed.
- Supervise closely, especially around animals, driveways, and streets.
- Reexamine home to make sure still safe. Stabilize upright furniture.
- Brush teeth twice/day, regular dental visits and fluoride application.
- Plants should be out of reach (some are poisonous).

- Use sun screen with SPF of 30 liberally. Apply 30 minutes before sun exposure and reapply every 1½ - 2 hours. Protective clothing and hats should be used in addition to sunscreen when outside.
- It's OK to use an insect repellent with up to 30% DEET (apply sparingly).
- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Watch your child constantly whenever he is near water including buckets, play pools, and the toilet. An adult should be within arm's reach at all times when your child is in or near water.
- Empty buckets, play pools, and tubs right after use.
- Check that pools have 4-sided fences with self-closing latches.
- Make sure your home has working smoke detector and CO2 monitor.
- Know your poison control number: **1.800.222.1222**

THE TERRIFIC TWOS

Living with a 2-year-old can be a challenging experience! They are typically trying to assert their independence and can seem very stubborn and defiant. "No" and "mine" are common words heard as 2-year-olds are quite aggressive and do not like to share. Aggression and tantrums are not unusual. Remember that this behavior is actually healthy! It is rewarding to watch a toddler become a more effective communicator and to better understand and interact with the environment. Some simple strategies can help minimize conflict:

- Praise your child for behaving well. Help your child express his feelings and name them.
- Listen to and treat your child with respect. Expect others to do as well.
- Play with your child each day, joining in things the child likes to do. Hug and hold your child often.
- Help your child play with other children, but do not expect sharing.
- Watch how your child responds to new people or situations.
- Discipline is always more effective when a parent is calm and both parents agree on rules.
- Have a consistent schedule on which your child can depend.
- Provide your child choices instead of demands (e.g., instead of "don't sit on the table," try "you can sit on the chair or the floor").
- Establish a space for Time Out that is separate from toys and activity. Two minutes in Time Out is appropriate for this age. Praise your child for completing a Time Out.
- Giving in is sometimes okay. Don't battle the small stuff.
- **PS: Don't forget to take some "sanity time" away from your child!**

Your Talking Child

- Talk about and describe pictures in books and the things you see and hear together.
- Parent-child play, where the child leads, is the best way to help toddlers learn to talk.
- Read to your child every day. Reading aloud will help your child get ready for preschool. Take your child to the library and story times.
- Your child may love hearing the same story over and over.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sound or finish a part of the story.
- Use correct language; be a good model for your child.
- Talk slowly and give your child time to respond.

Family Routines

- Be active together as a family.
- Visit zoos, museums, and other places that help your child learn.
- Your family should agree on how to best prepare for your growing child. All family members should have the same rules.

Your Child and TV / Digital Media

- It is better for toddlers to play than watch TV, videos etc. Do other activities with your child such as reading, playing games, and singing.
- Make sure your child is active at home, at child care, and with sitters.
- Media use (TV, DVDs, computer/mobile apps) should be limited to **1 hour or less of high-quality children's programming**. Parents are encouraged to spend time with child during media use -- to help child understand what they are seeing and apply to the world around them. **Make sure all media is age-appropriate and not frightening.**
- All media should be avoided during meals and one hour before bedtime.

Toilet Training

- Signs of being ready for toilet training include: Dry for 2 hours • Knows if he/she is wet or dry • Can pull pants down and up • Wants to learn • Can tell you if he/she is going to have a bowel movement.
- Plan for toilet breaks often. Children use the toilet as many as 10 times each day.
- Help your child wash her hands after toileting and diaper changes and before meals.
- Clean potty chairs after every use.
- Teach your child to cough or sneeze into her shoulder. Use a tissue to wipe her nose.
- Take your child to choose underwear when she feels ready to do so.

Next Well Care Visit: 3 Years of Age (Please complete ASQ Developmental Screening prior to visit)

You may request the 3-Year Ages & Stages Developmental Questionnaire when scheduling your appointment.

APA Website: www.advancedpediatricassociates.com | APA Patient Care Line: 303.699.6200