



Important Points for the 2 Year Visit

Nutrition:

Child-Size Servings: Be Realistic

For youngsters, adult-size servings can be overwhelming. Offering child-size servings encourages food acceptance. Here's an easy guide to child-size servings: Serve one-fourth to one-third of the adult portion size, or one measuring tablespoon for each year of the young child's age. Give less than you think the child will eat. Let the child ask for more if he still hungry. Remember: children eat when they are hungry and usually stop when they are full. Your child will only gain 2-4 lbs this year. It is now OK to change to skim to 2% milk. Please give your child a chewable multivitamin with iron (such as Flintstones Complete: ½ each day).

Development:

Runs; jumps in place; walks up and down stairs, 2 feet on each step, throws a ball overhead, uses a spoon and fork, opens a door, stacks blocks, draws a vertical line, early pretend play, remembers place where object is hidden, creates means to accomplish desired end (pulls chair to cabinet, climbs, retrieves hidden objects), has greater than a 50 word vocabulary, speaks several two word phrases, follows single-step and two-step commands, listens to short stories, uses pronouns, imitates adults, plays in parallel with other children, brushes teeth without help, dresses with help, feeds self.

Touchpoints:

Toilet Training: The term "toilet training" should be discarded since we do not actually "train" the child. The 2-year-old simply learns to control his or her urine and bowel movements when he or she is developmentally ready, just as the child learned to sit, walk and talk. Regardless of how hard you try, you cannot speed up your child's schedule and teach the youngster before he or she is ready. In fact, by over-training, you may delay the process by making your child tense and nervous, resulting in a rebellion. The last thing parents want to do is to make toilet training become a battle ground. Pick your battles, and this should not be one of them! If your child has a bowel movement at the same time every day, you may sit them on a little potty chair and "catch it." A favorable response from you sends a message to your child. If on the other hand, his or her bowel movement occurs at irregular times during the day, watch for a characteristic expression and posture that indicates a bowel movement. When this occurs, pick up your child and put him or her on the potty. If nothing happens in a few minutes, or if your child is alarmed in any way, take him or her off the potty. Your child's incentive to control bladder and bowel movements is to please you, the person he or she looks to for love. Therefore, praise your child's accomplishments and let him or her know you are pleased. When your child has an "accident," stay calm and don't punish. If you act distressed or angry when the child fails, training may be delayed. Signs of toilet learning readiness include awakening from a nap with a dry diaper, having bowel movements at the same time each day, being able to say "wee-wee" or "poopie", etc., knowing when he or she has to go, and being able to take off his or her own clothes. Remember, by pushing your child, scolding or being impatient, you will only delay the development of voluntary control, and possibly lay the groundwork for a real "toilet problem" in years to come.

Safety:

- Continue to use a toddler car seat and make sure it is properly secured in the back seat.
- There is no such thing as a childproof cap. Poisons, medications and toxic household products should be kept in a locked cabinet. Childproof your doors; your child can open them.
- Be careful of items that can be left at counter levels: knives, scissors, hot drinks, cleaning agents.
- If guns are in your house, lock the guns and ammunition separately, and hide the keys where your child cannot reach them. Kids need to understand that guns are not toys and learn how to behave around them.
- Be careful what you put in the wastebasket; 2 year olds love to stick their hands in the trash.
- Install smoke and carbon monoxide detectors and check that they work properly every month. Keep your 2 year old's environment free of smoke: no smoking in the home or car.
- Keep your toddler away from moving machinery, lawn mowers, overhead garage doors, driveways and streets. ALWAYS supervise when your child is playing near a street.

What to expect during this visit:

- Your child will receive the Hepatitis A vaccine if not already administered.
- We will discuss your child's growth and development and any other concerns that you may have. Now your child comes for checks up yearly! Bring in questions for your next visit at 2 ½ years.