

Norman Pediatric Associates
Parent Handout 2 Year Visit

Profile: The 2 – 3 year-old is full of energy. Two-year-olds tend to be curious and will exert more independence. This will be expressed through your child's growing vocabulary, especially the word "no". By age 3 your child will think more and talk better, so he/she will ask more questions (asking 'why' constantly). He/she will be able to throw, jump, run, and climb. Your child will be able to turn a doorknob, hold a pencil, and turn pages. He/she will be able to follow simple directions, tell big from little and know his/her name. Your child will use many new words, and will put words together. Your child will be able to help dress and undress, wash his or her hands and eat and drink imitating domestic activities and playing house. He/she can help put things away and sometimes be happy away from his/her mother. Give your child choices between 2 good options for food, books or toys. Your 2-year-old may learn that other people have rights, needs, and feelings. Help your child express his/her feelings and name them. Never make fun of your child's fears or allow

Feeding/Nutrition: Do not give cookies, soda, juices and other junk foods. Offer your child a variety of 3 well-balanced meals made up of small portions of food. Do not struggle over mealtimes; do not bribe, coax, or coerce your child to eat more. When a child is growing normally, he/she is eating enough. It is best to have your child sit during eating because of the risk of choking. Allow your child to use a spoon and expect some spills. Avoid popcorn, raisins, hotdogs, nuts and other small hard foods to prevent choking. CHANGE MILK TO SKIM/FAT FREE. Your child should have no more than 16-20 ounces of milk per day. He/she should eat meals with the family. Your child needs a multivitamin daily.

Sleep/Bedtime: This may be a challenging time for a bedtime routine. It is not unusual for children this age to have awakenings due to nightmares or night terrors. Encourage your child to quiet himself/herself with a toy or a blanket. Changes in the child's environment or illness may be the trigger for sleep disturbances. Develop a consistent bedtime routine and schedule. Determine a plan for the middle of the night awakenings but keep the child in his/her own room and do not allow your child to sleep in your bed.

Toys/Activities: Two year-olds do not share. They tend to play beside each other if each child has their own toys, but do not expect them to play together. It is better for toddlers to play than to watch TV. Limit TV to 1 hour or less each day. When watching TV together, discuss what you see and think. Be careful about the programs and advertising your young child sees. Do other activities with your child such as reading, playing games, and singing. Be active as a family. Make sure your child is active at home and at child care. Toys that are good for this age include: blocks and other stacking toys, balls, paper, crayons (take away any small pieces of broken crayons), toy telephones, child sized hammers, other toy tools, riding toys that will not tip over like a tricycle, dolls and stuffed animals, puppets for when you play with the child, a small-sized outdoor playhouse, low things to climb on, plastic jars and cans to open and close (not ones that look like medicine or poison containers), pots and pans, plastic cups and dishes, old clothes to play dress-up in, a playhouse made out of a big cardboard box or a sheet over a table.

Safety: Learn CPR.

Car: Keep your child in a car seat. Be sure your child's car safety seat is correctly installed in the back seat of all vehicles. There should be no more than a finger's width of space between your child's collarbone and the harness strap. Everyone should wear a seat belt in the car. Do not start the vehicle until everyone is buckled up. When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he/she is not run over.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for child's health. Make your home and car "no smoking zones". Your water heater should be set at less than 120° F. Test your smoke detector and CO detectors frequently and change the batteries. Keep your toddler away from the hot stove, hot liquids, fireplace, curling iron, lighters and space heaters. Always use sunblock SPF 30 or higher on your child when going out to play.

Pets: Teach children to be careful when around dogs especially when they are eating.

Childcare: Screen babysitters carefully and be sure to talk with them about their attitudes concerning discipline. Do not leave your child unattended for any length of time: in the car, house, or when taking a bath. Keep him/her away from moving machines, lawn mowers, streets, moving garage doors, and driveways. Store guns unloaded and locked with the ammunition locked separately from the gun. Continue to keep poisons, medications, and toxic household products locked and out of reach of children. We recommend putting trigger locks on all firearms. Have your child wear a good-fitting helmet on bikes and trikes.

Falls: A two-year old usually can climb over the crib rails; now is a good time to consider changing to a toddler bed or twin bed. The fall is less from a bed than from going over the crib rails. Check playground areas for impact or energy absorbing surfaces under equipment. Make sure it is not over three feet tall. Lastly, use gates at the top and bottom of stairs to help prevent falls.

Teeth/Oral Health: Help your child develop the habit of regular tooth brushing. Encourage brushing at least 2 times a day with a soft toothbrush. You need to help him/her brush his/her teeth. Parental flossing of the child's teeth is a good habit but only if it can be done without a struggle. Use fluoride toothpaste, a rice-grain size smear for brushing. Supervise your child to make sure they are getting the correct amount of toothpaste.

Discipline: Discipline means setting limits, making rules, and teaching your child to follow rules. Punishment is supposed to help you teach your child, but it does not really work very well. Use time out as needed and ignore temper tantrums. Praise your child for behaving well. It is important for your child to learn there are consequences with their actions, good and bad. These consequences should make sense and be consistent. Listen to your child and treat him/her with respect. Expect others to do as well.

Toilet training: Toilet training usually occurs by 3 years of age. Signs for being ready for toilet training include: being dry for 2 hours, knows if he/she is wet or dry, can pull pants down and up, wants to learn, and can tell you if he/she is going to have a bowel movement. Expect occasional accidents; they are not a punishable offense. Plan for frequent toilet breaks. Children use the toilet as many as 10 times each day. Your child will let you know when he/she is ready. Help your child wash his/her hands after toileting and diaper changes and before meals. Clean potty chairs after every use. Reward for proper control. Remember too, that day control will come much sooner than night control. Some children do not achieve night control for several more years. Take the child to choose underwear when he/she feels ready to do so.

Speech: Speech is growing rapidly. Those outside of the family should be able to understand about half of your child's speech. You can help foster speech development by modeling and spending time reading, talking, and listening to your child. Use correct language when talking to your child and talk slowly and remember that it may take a while for your child to respond. Talk about and describe pictures in books and things you see and hear together. 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. Your child may love to hear the same story over and over.

Immunizations: Today your child received the first Hepatitis A vaccine.

Oklahoma Poison Control Center:
(405) 271-5454 (OKC area)
1-800-222-1222 (state wide toll free)

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