

Well Child Care at 2 Years Old

Diet

- Most children who are drinking cow's milk should switch from whole milk to 2% reduced fat milk.
- Allow your child to eat with you during family meal times.
- Let your child feed him/herself. Give him/her a spoon and cup to use at meal times.
- Offer your child a variety of foods and snacks throughout the day such as fruits, vegetables and cheese.
- If you have well water, make sure your child get fluoride from another source.

Development

- Your child may be walking up steps now. He/she may be running and jumping.
- Your child may be able to remove clothing by him/herself.
- Your child will be scribbling.
- Your child may be combining 2 or more words. Practice pointing to pictures and having your child name what he/she sees. Your child will be able to follow simple directions.
- Children at this age can become very independent and stubborn. They often say "no" and refuse to do what you want them to. It is important to help your child learn about rules and keep them safe. Some methods of doing so are child proofing your home, diverting and substituting, teaching and leading, and being consistent with disciplining. Make consequences logical.
- Some toddlers may be showing signs that they are ready for toilet training. Praise your child when they report to you that they have wet or soiled their diaper, as they are becoming aware that they prefer dryness. Allow your child to watch you or other family members use the toilet. Be patient with your child and do not force using the potty when your child is not ready.
- Play interactive games that involve singing, naming and reading. Encourage imaginative play with your child. Encourage your child to share.
- Limit screen time (television, computer, video games) to less than one hour a day.
- Masturbation is common at this age and a normal part of development.
- Two year old children are very curious. Allow your child to explore safe environments.
- Establish a regular routine for bed, bath and meals with a regular caregiver to allow your child to get used to his/her surroundings and develop trust.

Hygiene

- Do not put Q-tips in the infant's ear canal. The outer ear may be cleaned with a Q-tip or washcloth.
- Brush your child's teeth with children's toothpaste twice a day. If he/she hasn't seen a dentist yet, you should make an appointment.

Sleep

- If your child is not sleeping through the night ask your doctor for further information on how to help him/her sleep.

Safety

- Every time you take your child in the car, he/she must be properly restrained in a car seat. Never leave your child alone in the car. For more information, go to <http://www.aap.org/family/carseatguide.htm> or <http://www.nhtsa.gov/> (search for “car seat”).
- Reduce the temperature of your water heater to less than 120°F to avoid burns.
- Never leave your child unattended. Make sure windows are closed or have screens that cannot be pushed out.
- Be sure to “baby-proof” your house, especially as your child begins crawling. Block off stairs; remove breakable objects; pad sharp corners; tie up curtain/blind strings; keep plants, medicines/vitamins, and cleaning supplies out of reach; and cover electrical outlets.
- Remember to always use sunscreen.
- Store guns separately from ammunition, and keep both locked up.
- Always be sure to have a functioning smoke detector.
- In case of a poisoning emergency call 1-800-222-1222.

Immunizations

- Your child will receive his/her next set of immunizations today.
- Your child may develop redness and pain for up to 48 hours at the injection site. He/she may also develop a fever.
- You may give ibuprofen (Advil, Motrin) or acetaminophen (Tylenol); ask your doctor for the dose.
- Please call if your child has any unusual symptoms, such as allergic reactions, high fever, weakness, crying for 3 hours, or if you have any concerns.

Next Visit: Your child’s next routine visit will be at 3 years old.