

2 Years Old Handout



Development

- Your child should be able to identify body parts.
- Your child should be speaking 2-3 word sentences and probably has a 300 word vocabulary.
- To continue to stimulate speech:
 - 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. 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 remember that it may take a while for your child to respond.
 - Give praise to your child when language is used.
 - Play music.

Your Child and Screens

- It is better for toddlers to play than watch TV/use a tablet or phone.
- Limit TV/Tablet/Phone use to 1–2 hours or less each day.
- Watch TV together and 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 together as a family. Make sure your child is active at home, at child care, and with sitters.

Safety

- 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.
- If your child weighs more than 40 lbs., then a belt positioning booster should be used.
- Everyone should wear a seatbelt in the car. Do not start the vehicle until everyone is buckled up.
- Never leave your child alone in your home or yard, especially near cars, without a mature adult in charge.
- 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.
- Keep your child away from moving machines, lawn mowers, streets, moving garage doors, and driveways.
- Have your child wear a good-fitting helmet on bikes and trikes.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Avoid foods that are commonly choked on, especially nuts, seeds, popcorn, hot dogs, and chips.
- Keep all household products up and away, keep safety caps on all medications, and have the poison control number (1-800-222-1222) on hand.
- Have guards on all windows and gates on all stairwells to prevent falls.
- To prevent burns, Set your water temperature to below 120 F and keep your child out of the kitchen while the stove or oven is hot.
- Never leave your child alone in water, even in the bathtub in shallow water. Drowning occurs frequently in bathtubs, so don't leave your child alone for even a minute.

Toilet Training/Hygiene

- Signs of being ready for toilet training:
 - Dry for 2 hours
 - Knows if she is wet or dry
 - Can pull pants down and up
 - Wants to learn
 - Can tell you if 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.
- Take the child to choose underwear when she feels ready to do so.

- Teach your child to cough or sneeze into her shoulder. Use a tissue to wipe her nose.

How Your Child Behaves

- Praise your child for behaving well.
- It is normal for your child to protest being away from you or meeting new people.
- Listen to your child and treat him 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.
- Give your child choices between 2 good things in snacks, books, or toys.
- Help your child express his feelings and name them.
- Help your child play with other children, but do not expect sharing.
- Never make fun of the child's fears or allow others to scare your child.
- Watch how your child responds to new people or situations.

Diet

- As your child's growth slows down at this age, you may notice a decrease in appetite.
- Your child will probably have strong likes and dislikes for certain foods and this will change constantly.
- Offer foods from all food groups at each meal and serve appropriate sized portions (approx a ¼ of an adult portion).
- Finger foods will probably be very popular with your 2 year old, and all foods will be better received if served at room temperature, not hot.
- Make foods easy to chew (soft and moist) and cut all foods into bite sized portions.
- Avoid struggles over food by reassuring yourself that over time almost all children eat a balanced diet, even if sometimes it doesn't seem that way.
- Your child should drink skim milk at this point, unless your provider recommends otherwise.
- Your child should be drinking from a cup and not from a bottle any longer.

Teeth

- Continue to help your child brush their teeth twice daily with a soft toothbrush and a "pea size" amount of fluoride toothpaste.

Tests

- A blood count (hemoglobin) will be drawn today to check for anemia.
- If there is risk, a lead level will also be checked today to screen for lead poisoning.

- If there is risk, a ppd test to screen for tuberculosis may also be done today. If a ppd test is administered, schedule an appointment to return to the office in 48-72 hours from when the test was administered to have the test read by a nurse.

Your child's next visit is the 30 month visit.

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org