

2 YEAR VISIT

NAME _____ AGE _____ DATE _____

WEIGHT _____ PERCENTILE _____ HEIGHT _____ PERCENTILE _____

PHYSICIAN or NURSE PRACTITIONER: _____

What is normal development at 2 years? By this time most toddlers should:

- *walk up stairs alone, holding the rail, one step at a time.
- *jump off the floor with both feet.
- *stack four blocks.
- *use a fork and a spoon.
- *combine words.
- *have a 50 to 200 word vocabulary.
- *wash and dry hands.
- *frequently ask "What is that?"



Happy Birthday

Anticipatory Guidance

Diet/Feeding:

- *Limit the milk your toddler drinks to 16 ounces or less a day and switch to 2% (lowfat) milk. Limit fruit juices as they are loaded with calories. Many toddlers are perfectly happy drinking cool water.
- *Avoid foods that are choking hazards - nuts, grapes, popcorn, carrot sticks, hot dogs, raisins, tough meat, large pieces of raw vegetables, and hard candy. Supervise your child while he is eating.
- *Picky eating and decreased appetite are normal as growth slows. Do not force a child to eat. Your child will determine how much food he needs. Some days he may eat lots, some days little.
- *Share meals as a family whenever possible. Make mealtimes pleasant and encourage conversation.
- *Give 3 meals a day, and a mid-morning and mid-afternoon snack.
- *Your child will frequently want the same food every day.

Sleep:

- *Maintain your child's bedtime routine - encourage him to console himself by putting him to sleep awake.
- *Many two year olds still require an afternoon nap.
- *Consider moving your child from the crib to a bed.
- *Stalling techniques, such as "I want water" or "I need to go potty" are common at this age.
- *2 year olds generally need to be put to bed between 7 and 8 pm.
- *Nightmares and night terrors may occur. Handouts are available in the clinic.

Dental:

- *Brush teeth twice daily, using fluoride toothpaste, and teach your toddler to spit out the toothpaste when he is done.

Parenting:

- *Continue established routines. Toddlers are generally more relaxed when meal times and sleeping times are consistent. Bedtime is especially important, which includes a consistent routine getting ready for bed, and putting your toddler to bed awake. This can be a good time to read a book to your toddler. Your toddler should sleep through the night.

- *Frequently praise him for good behavior and for his accomplishments.
- *Encourage your toddler to make choices (Would you like to wear the red shirt or the blue shirt?). Never ask open questions (Do you want to take a bath?) unless you are willing to accept the answer.
- *Do not expect toddlers to spend long periods of time in a restaurant, be patient waiting for their food, sit endlessly in a grocery store cart, or to sit around while you try on clothes. Make outings quick and fun for you and your toddler, and there will be happiness.
- *Consistency of discipline is very important - adhering to the limits you set keeps your child safe. Be firm and consistent, but also loving and understanding. Try to verbally separate between your toddler and the behavior, such as "I love you, but I do not like when you touch the VCR."
- *Provide alternatives. "No, you cannot play with the telephone, but you can play with these blocks."
- *Use the two "I's" of discipline - ignore or isolate ("time out") rather than the two "S's" - shouting or spanking. "Time outs" should be about 1 minute for each year old your child is.
- *Read to and talk with your toddler frequently.
- *Show affection in the family. Be a good role model by using seat belts, avoiding tobacco, and showing respect for others. The toddler is a great imitator and will learn to treat you, and others, the same way you treat the people around you.
- *Prepare for toilet training and temper tantrums - handouts are available.
- *Do not worry if your toddler becomes curious about body parts. This is normal. It is best to use the correct terms for genitals.

Safety:

- *Always empty buckets, tubs, or small pools immediately after use. Ensure swimming pools have a four-sided fence with a self-closing/latching gate. Swimming pools are deadly to children this age.
- *Always walk behind your car before backing out of the driveway.
- *Falls from kitchen cabinets and down stairs occur frequently at this age. Never leave a chair in such a position that your child can use it to climb to a dangerously high place.
- *Never buy toys that can cut or be ingested. Suffocation by plastic bags or balloons occurs at this age.
- *Avoid overexposure to the sun. Use a waterproof sunscreen outdoors (at least SPF 15).
- *By California law, children must be in child car seats or booster seats until they are 6 years old or weigh 60 pounds. Booster seats are recommended until they are 8 years old or weigh 80 pounds.
- *Safety-proof your house. Keep all poisons and weapons locked up. There is no such thing as a "child proof" cap. Install gates at the top and bottom of stairs, and place safety devices on windows.
- *California Poison Control Center: 1(800)876-4766.
- *Learn first aid and infant CPR - know how to save a choking child.
- *Lock cupboards that contain cleansers, detergents, bleaches, furniture polishes, etc.
- *Do not leave heavy or hot containers on tables where your toddler may be able to them pull down.
- *Continue to keep your toddler's environment smoke-free.

Next Well Baby Visit:

When your child is around 3 years old.



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