

2 Year Check-Up

LEARNING THE RULES

Name _____

Weight _____ lbs. _____ oz.

Age _____

Length _____

Date _____

DIET

Your child will continue to need three meals and two scheduled snacks. Do not let him graze on food between meals and snacks. Continue to provide a wide variety of foods. Avoid food and sweetened beverages including juice that are high in calories and low in nutrition.

You are responsible for what foods are brought into the house and what foods are offered at meals and snacks. Your child is responsible for what and how much he eats.

This next year is an important time to offer foods rich in iron. Your child is still continuing to learn how to use utensils. This will be messy, but is an important part of learning and becoming independent. Enjoy his company at the table and include him in the pleasant conversation. Avoid food battles.

Brushing teeth daily is important. Use less than a pea size amount of toothpaste. If you have well water, your child may need a fluoride supplement.

DEVELOPMENT

Your child will now begin to interact with the world through his understanding of rules and routines. He will continue to exhibit negative behaviors. Spend time reinforcing desired behaviors and be consistent with limit setting. Do not use food rewards for positive reinforcement because this leads to unhealthy eating associations. Use timeout for major misbehaviors such as hitting or biting.

He is learning how to become more social, but will continue to play side by side with his peers. He will see everything as it happens with himself at the center. Sharing can be difficult. Prior to play dates, let your child choose which toys he would like to put up and which toys to share. Your child continues to depend on you to set consistent limits. This is a critical age for your child to learn to deal with some frustration which frequently results in a temper tantrum. Mastering frustration is a learning curve and the duration and intensity of the tantrum are based in your child's personality traits and effected by your response. Outsmart your child. A little humor and distraction can often sidetrack an impending temper tantrum. If there are spiraling temper tantrums, tune in to see if you, or your child, is hungry, ill or stressed. If any of these apply to you, you may be less successful in coping with your child.

Your child has become a master imitator. He wants to do as you do so remember to be a good role model.

Speech begins to develop rapidly. He will begin speaking in sentences now. Many children stutter when speech is coming so rapidly. They are thinking faster than they can express their need. Some children do not speak as early as others do. Your physician will evaluate his language development. Is he able to understand directions as given? Is he gesturing?

Continue to read, play, sing and talk with him. He will love books and songs with a rhythm or rhyme. Hug him often and tell him you love him.

Review "Toilet Training" section in *Growing Up Healthy* book.

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also.)

- Always use a properly fitted car seat located in the rear.
- Guard against falls.
- Store poisons, medications, matches and sharp items out of sight and reach.
- Never leave a child alone at home, outdoors, in a car or near water.
- Continue to put on sunscreen before child goes outside.

Next health care visit is when your child is _____ years old.

Immunization: _____

Comments
