



2 Year Visit

Name _____

Length _____ Weight _____

% _____ % _____

Today's Date _____

Head Circumference _____

% _____

FEEDING:

- Offer 3 meals and 2 nutritious snacks per day.
- Offer 2 cups of low-fat milk per day
- Limit juice to 4-6 ounces a day and offer water throughout the day.
- Offer all drinks in a cup (no bottles).
- Children often develop strong food preferences at this age and can become picky eaters. Continue to offer a variety of healthy foods while avoiding struggles over what they eat. Talk with your healthcare provider about starting a vitamin if your child has a limited diet.
- Avoid foods that your toddler could choke on (nuts, hard candies, popcorn, grapes, raisins, hotdogs, large pieces of raw vegetables or fruit, chewing gum).
- Age appropriate dietary guidelines can be found at:
www.mypyramid.gov/preschoolers.

ELIMINATION:

- Introduce daytime potty training gradually. Allow your child to observe you

using the toilet, set out a potty chair for your child to imitate this skill, and discuss the purpose of going on the potty.

- Watch for signs of readiness to toilet train, which typically emerge between 2-3 years: your child should be dry for 2-hour periods, should know if he/she is wet or dry, be able to pull his/her pants up and down, communicate when he/she is ready to have a bowel movement, and most importantly, have interest in learning this skill.
- Teach and help your child wash his/her hands after using the toilet.

SLEEP:

- Toddlers thrive on predictable routines. Maintaining a bedtime routine of getting into pajamas, brushing teeth, and reading a story helps your toddler prepare for sleep.
- Most toddlers are sleeping a total of 12-14 hours per day, including 1 nap. Even if your toddler does not fall asleep for a nap, a quiet rest time is beneficial.

TYPICAL DEVELOPMENTAL MILESTONES:

- Runs, jumps, walks up and down stairs
- Uses a spoon and fork, turns pages of a book one at a time
- Increases pretend play, imitates adults
- Speaks >50 words total and uses 2-word phrases
- Can dress and brush teeth with help

BEHAVIOR:

- Your child is striving to become more independent. Try giving simple acceptable choices to respect this (for example, do you want to wear the red or blue shirt?).
- Praise good behaviors! Children learn faster and better by being rewarded for good behavior than by being punished for bad behavior.
- Physical punishment is not recommended; children feel violated, hurt, and angry when they are hit.
- Consider time-outs for unacceptable behavior (hitting, biting and activities that are dangerous to your child). Separate your child from the family for 2 minutes for these clearly defined actions.

SAFETY:

- Continue to use a properly installed car seat. Your toddler should remain rear-facing in a convertible car seat until he or she reaches the highest weight or height allowed by the car seat manufacturer. Then switch to the forward-facing car seat with a full harness.

- Keep your toddler's environment smoke free.
- Keep medicines and cleaning supplies in locked cabinets.
- Supervise constantly, especially when your toddler is near water.
- Keep the Illinois Poison Control Center phone number readily available (1-800-222-1222).

FURTHER READING:

- Caring for Your Baby and Young Child. Birth to Age 5 (AAP)
- www.lakeforestpediatrics.com
- www.healthychildren.org
- www.mypyramid.gov/preschoolers

TODAY'S IMMUNIZATIONS:

- Hepatitis A

WHAT'S NEXT?

- Next Check-Up is at 2 ½ years old. Your child will receive a physical exam.
- Annual influenza vaccine is recommended for all children over 6 months old. If your child has not received one this season and is not scheduled for a check-up this fall or winter, call to schedule an appointment for the influenza vaccine this fall.

SPECIAL INSTRUCTIONS:
