



2 Year Visit

Name _____

Today's Date _____

Length _____ Weight _____

Head Circumference _____

% _____ % _____

% _____

FEEDING:

- Offer 3 meals and 2 nutritious snacks per day.
- Switch from whole milk to reduced-fat milk (2%, 1% or fat-free) and offer 2 cups (16 oz) 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 you 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 or she is wet or dry, be able to pull his or her pants up and down, communicate when he or she is ready to have a bowel movement and most importantly, have interest in learning this skill.
- Teach and help your child wash his or 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:
