

WELL CHILD CARE AT 2 YEARS

NUTRITION

- Family meals are important for your child. It is a time to eat together and talk to each other. Let your child feed him/herself. They will improve in their use of utensils and have fewer and fewer spills.
- Serve 3 meals a day and 2-3 snacks. Limit eating between meals.
- Offer only nutritious foods to choose from. Let your child help choose what foods to eat. Limit fast foods and snacks high in sugar and fat.
 - Healthy foods include:
 - A fruit or vegetable at each meal and snack
 - Whole grain bread, cereal, pasta, brown rice, and corn tortillas
 - Protein and iron-rich foods like meat, fish, eggs, beans and tofu
- Offer your child new foods to try new tastes.
- For many children, now is the time to switch from whole milk to 2% milk.
- Your child should use a small cup for all drinks.
 - Offer water often and about 16 ounces of milk a day.
 - Limit juice to ½ to ¾ cup per day.
 - Do not give soda or other sweet drinks.

DEVELOPMENT

- At this age, children often say “no”. This is a normal phase in development. Be fair and consistent with rules. Be warm and positive.
- Mild stuttering is normal at this age. It usually goes away by 4 years of age.
- **Your child may:**
 - Open doors, throw a ball overhand, and climb stairs.
 - Stack 5 to 6 blocks
 - Speak in 2 to 3 word sentences
 - Sing songs
 - Repeat what you say
 - Play near other children and not share
- **Tips and Activities**
 - Play, talk, sing and read stories to your child daily.
 - Offer simple toys to put together.
 - Praise good behavior.
 - Be consistent and patient. When your child does something wrong, say why it is wrong and direct the child to another activity.
 - Talk to your child about the toilet or the potty chair.
 - TV is not a babysitter. Limit screen time to 1 hour a day.
 - Help your child learn to share. Encourage pretend play.
- **Potty training**
 - Some children show signs they are ready for toilet training.
 - Praise your child for telling you that they have a wet or soiled diaper.
 - If he seems curious, let him go to the bathroom with you.
 - Buy a potty chair and leave it in an accessible place.
 - Do not put too many demands on the child or shame the child about potty training.

- When your child does use the toilet, let him know how proud you are.

DENTAL

- Take your child to the dentist twice a year or as advised by your dentist.
- Ask about fluoride for your child
- Brush your child's teeth along the gums twice a day with a dab of fluoride toothpaste.
- Teach your child to spit, not swallow the toothpaste.
- Sharing spoons, cups, straws or toothbrushes may spread cavity germs.
- Avoid sweet or sticky snacks.
- It is important that your child be completely off the bottle and pacifier.

HEALTH/SAFETY ISSUES

- **Keeping your child healthy**
 - Take your child for regular check-ups and immunizations.
 - Keep your children away from loud noises and music to protect their hearing.
 - Use sunscreen when outdoors.
 - Keep your child away from tobacco smoke and products.
 - Talk to your child's doctor before giving medicines and home remedies.
 - Wash child's hands with soap and water after using the toilet.
- **Physical activity**
 - Get 60 minutes of active play each day.
 - Limit TV or other screen time to 1 hour per day.

SAFETY

- Never leave your child unattended.
- Keep electrical cords, pot handles, and other hot things, out of your child's reach.
- Use safety latches, cabinet locks, and outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, and plants out of reach of children.
- Keep small items such as keys, unsafe toys, plastic bags, balloons out of reach of children as they can be a choking hazard.
- Carry or hold your child's hand near cars.
- Have your child wear a helmet when using a tricycle or scooter.
- Set your water heater to less than 120 degrees F.
- Check the water before putting your child in the bath.
- Never leave your child alone in the bathtub, pool, or near a bucket of water or toilet. Pools/spas should be fenced with a self-latching gate.

IMMUNIZATIONS

- Your child may receive some vaccinations at the visit.
- Your child may have some redness, swelling or soreness at the injection site. Cool compresses and acetaminophen should help decrease injection pain; sometimes warm compresses and gentle massage can help decrease muscle pain.
- Ask your doctor for his/her dosage of acetaminophen.
- Call your doctor if your child has a fever for more than 36 hours.

YOUR NEXT ROUTINE VISIT – AGE 3 YEARS

- Please bring the shot record to all check-up visits.