

WELL CHILD VISIT



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Two (2) Years

Congratulations on making it this far.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

DEVELOPMENT

Daily Activities

- Constant Motion & Tires Easily
- Runs and Climbs
- Walks up and down stairs alone
- Begins to tiptoe
- Builds a tower of 3-5 blocks
- Progresses from random scribbling to somewhat more controlled movements
- Begins to button and unbutton
- Greater independence in toilet needs
- Difficulty settling down for bedtime

Emotional

- Easily gets upset and impatient
- Shows anger by crying or striking out
- Becomes frustrated when not understood
- Wants own way
- Asserts self by saying 'no' to everything
- Reverts to baby behavior at times
- Gets upset when daily routine changes
- Shows sharp mood changes

Social

- Imitates with considerable realism
- Becomes more interested in siblings
- Knows gender
- May have an imaginary playmate
- Plays among, not with, other children
- Does not share
- Claims everything is 'mine'
- May scratch, hit, bite and push others

Mental

- Dramatically increases interest in language
- Begins using 3-5 word phrases
- Is in the 'do-it-myself' stage
- Cannot be reasoned with much of the time
- Cannot choose between alternatives

FEEDING

Family meals are important for your child. Letting your child eat with you makes him feel like part of the family. Don't make mealtime a battle. Let your child feed himself. Your toddler will continue to improve using the spoon, with fewer and fewer spills. It is good to let your child choose what foods to eat. Be sure to give him only nutritious foods to choose from. Now is the time to switch from whole milk to 2% milk. Your child should be completely off of a bottle.

TOLIET TRAINING

When your child starts reporting that they are wet or soiled diapers to you, this is a sign that your child prefers to be dry. Praise your child for telling you. Toddlers are naturally curious about other people using the bathroom. If your child seems curious, let him go to the bathroom with you. It is important not to put too many demands on the child or shame the child about toilet training. When your child does use the toilet, let him know how proud you are.

GENERAL GUIDELINES

Childproof your home. Go through every room in your house and remove anything that is valuable, dangerous or messy. Preventative childproofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say no.

Divert and substitute. If a child is playing with something you don't want him to have, replace it with another object or toy that he enjoys.

Teach and lead. Have as few rules as necessary and enforce them. These rules should be rules important for the child's safety. If a rule is broken, after a short and clear explanation, punish *immediately* by having the child sit alone for 2 minutes.

Be consistent with discipline. Don't make threats that you cannot carry out. If you say you are going to do it, do it.



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ADDITIONAL INSTRUCTIONS:

SAFETY TIPS

Avoid Burns and Fires

- Practice your fire escape plan.
- Check your smoke detectors. Replace batteries if necessary.
- Check food temperatures carefully.
- Never allow smoke near your baby.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Keep matches and lighters out of reach.
- Don't let your child use the stove, microwave, hot curlers or the iron.
- Turn the water heater down to 120°F (50°C).

Car Safety

- Use an approved toddler car seat correctly.
- Sometimes toddlers may not want to be placed in car seats. Gently, but consistently, put your child into the car seat every time you ride in the car.
- Never leave your child alone in the car.
- Parents should always wear seatbelts.

Pedestrian Safety

- Hold onto your child when you are around traffic
- Provide a play area where balls and riding toys cannot roll into the street.

- Continuously watch your child around any water.
- Teach your child not to climb on furniture or cabinets.
- Lock doors to dangerous areas like the basement

NO WORRIES

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and others later than the general trend. Keep this in mind as you review these milestones.

YOUR NEXT VISIT

A once-a-year check-up is recommended. Before starting school, your child will need more vaccinations.