

THE CHILDREN'S CLINIC, P.C.

PETERKORT

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AGE 2 YEARS

Name: _____

Wt: _____ lb _____ oz _____ %

Date: _____

Ht: _____ in _____ %

Head: _____ cm _____ %

Next physical appointment in 1 year, at 3 years of age

Special instructions:

DEVELOPMENT: Your child can or soon will:

Climb up and go down steps one at a time, throw and kick a ball, walk fast and run, walk backwards, open doors, build a tower of 4 or 5 blocks, wash and dry hands, use a spoon, drink from a cup, follow a two-part command, imitate strokes with a crayon or pencil, point to and name several body parts, use 15-20 words correctly, make 2-word phrases, and play side-by-side with other toddlers.

FEEDING: Your child's growth rate is slower now than during the first year of life, and his appetite may decrease at this age.

• **Children should be off the bottle by 2 years of age.**

- Appetites vary from day to day. Your child may not be hungry on certain days. Do not force, bribe, or punish. To miss a meal on occasion will not harm a healthy child. Do not substitute unhealthy foods for healthy ones. Avoid milk and juice between meals if her appetite is decreased. He will sometimes only want to eat one or two items for several days. This is normal.
- Continue to offer him a varied diet. This will encourage your child to eventually try new foods. Let her decide on the amount to eat.
- Feeding time is a social event. Include your child at family meals, and develop the habit of eating together as a family. Encourage her to feed herself with a small spoon or her fingers.
- Avoid nuts, popcorn, hard candy, gum, and whole hot dogs as these often cause choking.
- Don't allow him to fill up on non-nutritious snacks or "empty-calorie" foods (desserts, cookies, candies, chips, juice, punch).

DENTAL CARE: Brush your child's teeth once or twice daily with a fluoride toothpaste. Monitor use of the toothpaste. A dab of paste on the brush is enough. Swallowing too much fluoride toothpaste may cause white spots or brown stains on the teeth.

- **Fluoride: 0.25 mg every day**, if your water is **not** fluoridated. Most home water filters do not remove fluoride from the water.

SLEEP: Nighttime routines are important now. Discourage playing, eating or drinking during the night. If you find a nighttime visitor in your bed, return her to her own bed (unless you don't mind this arrangement). It also helps to reduce active play prior to bedtime and discourage watching frightening or violent programs on TV. Nightmares and night terrors might start to occur at this age. If your child awakens, assure him that he is safe. A nightlight may comfort your child. If your child is a climber, use a mattress on the floor.

TOILET TRAINING: Some children at this age are ready to start the training process. However, if your child shows no interest, wait until he is ready. Most children are toilet trained by 3-4 years old. Try to avoid getting into a power struggle with your child. Signs of readiness are her being aware that she is wet or soiled, her ability to hold urine for several hours, and her ability to undress and sit on the potty chair. Most importantly, she will express interest in potty-training.

Start by getting a potty chair that sits on the floor, as some children may be fearful of falling into or off a regular toilet. With boys, encourage them to sit down for both toilet functions until they master pooping in the potty chair. In addition, wait until your child has been dry at least a week before rewarding him with underpants of his choice. Be sure to praise your child for her successes using the potty chair and staying clean and dry.

PLAYTIME: Read stories to your child showing pictures in the books and have her name the objects in the pictures. Bedtime is a good time for regular reading. Also, play games with your child, both active and quiet. This will help teach your child to play with others. Do not be surprised when you hear him say, "It's mine". Children this age often have trouble sharing with others, but they should have play time with others. Consider a small playgroup.

Suggested toys include stuffed animals and dolls, toys to build with and take apart, "push toys", large crayons, sturdy cars and wagons, and balls. Limit television viewing to one hour at most, and choose programs carefully to avoid violent scenes that may cause nightmares or aggressive behavior.

Parents need to have a regular night out without the children, even if it's just to go for a walk.

DISCIPLINE: Toddlers need to have limits set to help them learn what we expect, as well as to protect them from harmful situations. At this age, it is common for them to obey a command on one day and not the next. Remember, they are only 2 years old. It is much more effective to remove breakables than to constantly scold your child with "NO".

Most children are good by nature. However, at this age they are torn between wanting independence and still needing and seeking parental approval and acceptance. Many of their actions are designed to get a parental reaction, be it good or bad. One of the best ways to prevent this "acting out" is to provide feedback. To most adults this does not come naturally, but becomes easier with practice. Examples are to tell your child, "I like it when you play quietly", or, "I like it when you help me pick up your toys". Another positive reinforcement is the use of rewards such as stickers.

Time out: There will be times when corrective actions must be taken. Spanking only teaches your child to deal with frustration by violence. Instead, try "time out". Set aside a safe spot in a room, free from distractions and toys. When your child breaks a rule, move him to "time out". Do not lose your temper, reprimand or lecture her. Simply put him in "time out", and walk away. If your child leaves, do not get angry. Just put her back. To make this effective, it must be done every time the rule is broken.

A general rule of thumb for time out is about 1 minute per year of age. If your child's behavior is making you angry to the point of losing your control, please call our office.

SAFETY:

- Continue to use an approved car safety seat in the proper manner.
- Never leave a child unattended in the car.
- Outside play needs to be in a safe area, fenced if possible.
- Poison-proof your home. **The Poison Control Hotline is (800) 222.1222.**
- Watch out for small disc batteries, toys with small parts, plastic bags and balloons.
- Teach your child the meaning of the word "hot". Never leave pots hanging over the stove's edge.
- Put a barrier around wood-burning stoves.
- Secure doors that lead to stairways, storage areas, and other dangerous places.
- Protect against electrical injuries from electric cords and unprotected outlets.
- Put up a barrier around pools. **KNOWING HOW TO SWIM DOES NOT** protect a toddler.
- Be sure the batteries are working in your smoke detector.

SUGGESTED READING:

Caring For Your Baby and Young Child, Birth to Age 5, by the American Academy of Pediatrics.

What To Expect The Toddler years, by Eisenberg, Murkoff, Hathaway.

Your Baby and Child, by Penelope Leach.

Your Two-Year-Old, by Ames and Ilg.

Solve Your Child's Sleep Problems, by Richard Ferber.

The Parents' Book of Toilet Teaching, by Joanna Cole.

The Magic Years, by Selma Fraiberg.

Touchpoints, by T. Berry Brazelton, M.D.

Without Spanking or Spoiling, by Elizabeth Crary.

Taking Care of Your Child, A Parent's Guide To Medical Care, by Pantell, Fries, and Vickery.

Your Child's Health, by Barton Schmitt.

Raising Your Spirited Child, by Kurcinka, and Mary Sheedy.