

# Well Child Care at 2 Years

## HEALTH ISSUES

- Supervise all feedings.
- Offer healthy snack and meal choices, limiting sugars. Toddlers often don't eat meals well because they graze with snacks all day - that is fine, just make sure those snacks are healthy snacks (yogurt, peanut butter, cheeses, crackers, dry cereals).
- Avoid direct sun exposure. Use a sunblock SPF 15-30.
- Continue fluoride supplement if desired. Typically our water supply in Madison county has fairly high fluoride content.
- Brush your child's teeth daily with a pea-sized amount of toothpaste.

## SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Install and test your smoke detector in or near your baby's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Make sure any playground environment is safe.
- If you haven't yet, purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.
- Avoid choke hazards (peanuts, popcorn, hard candy, chewing gum, small toy pieces).
- Use a bike helmet for your toddler (and yourself) if riding on the back of a bike.
- Place crib mattress on lowest setting. Consider changing to a toddler bed if your child can physically climb out of the crib (risk of falling) or if the top of the railing of the crib comes to the nipple-line of the chest or below when child is standing in the crib with the mattress on the lowest setting and the rail on the highest setting (risk of falling).
- Place gates on stairways and bedroom doorway.
- Do not keep a firearm in your home. If you must, make sure it is locked and out of reach from your curious child.

### Fever > 101°

**Acetaminophen**  
15 mg/kg or 2 dropperful  
every 6 hours as needed

*or*

**Ibuprofen** (not Aspirin)  
10 mg/kg every 6 hours  
as needed

### Congestion

Saline nose drops, suction with bulb syringe

### Important Numbers

**Poison Control**  
1-800-222-1222

### Call us if your child...

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

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## YOUR BABY SHOULD...

- Understand simple commands (“take the toy to Daddy”).
- Be able to say 10-20 words or more, combining two words into phrases (“Mommy Bye-bye”).
- Kick and throw a ball.
- Stack 5 blocks on top of each other.
- Feed self.

## YOU SHOULD...

- Continue to read books interactively with your child.
- Encourage opportunities for safely exploring his or her environment.
- Be consistent with rules. You decide how strict or liberal to be, just make sure you are consistent.
- Keep discipline brief. “Time-out” is usually effective at this age.
- Offer choices to your child at every opportunity to allow decision making.
- Not allow hitting, biting or mean behavior.
- Allow for self-care opportunities.
- Have a bedtime routine and put your child to sleep in his or her own room.
- Eat meals as a family.
- Expect a poor appetite and don’t argue with your child about not eating well.
- Try to allow expression of feelings (anger, joy, sadness, fear).
- Offer opportunity for potty training but do not encourage unless your child seems ready (usually 18 months to 3 years).
- Expect self-exploration of genitalia and start to use correct anatomy terminology.
- Expect your child to not want to share, but encourage him or her to do so anyway.
- Be an example of the type of person you want your child to grow up to be - they are like sponges and absorb everything around them!