

Well-child check up: 2 years

Child's name: _____ Date: _____ Height: _____ Weight: _____

Immunizations received: _____

Next visit: _____ Immunizations needed: _____

Remember to bring your child's vaccine record with you.

Nutrition

Your child can now eat all table foods and drink cow's milk. Offer a variety of foods, cut in small, easy-to-chew pieces.

Toddlers enjoy feeding themselves with a fork or spoon and drinking from a cup. Meals are a messy time. Be prepared with bibs and towels. Provide small amounts of liquid in a cup and give refills.

Toddlers know their appetites best. Some days they have large appetites and some days small appetites. Sometimes you may need to offer 6 small meals instead of 3 larger ones.

Your child likes to copy what you do. Sit down together for meals and eat a variety of foods.

To prevent tooth decay, brush and floss your child's teeth every day.

Toileting

Your child may show early signs of readiness for toilet training. Toilet training takes time and patience. Wait until your child is ready and feels positive about learning this new skill.

Sleeping

Toddlers usually sleep 10 to 12 hours at night and take a midday nap for 1 to 2 hours.

Growth and development

Children develop at their own rate. At 2 years, your toddler may:

- enjoy playgrounds, climbing, sliding, and going up and down stairs.
- enjoy being with and copying the play of other children who are the same age.
- speak 2- to 3-word sentences, or use longer sentences.

Learning through play

Talking and imaginative play are great activities for your toddler. Provide music, dress-up clothes, and hats. Pretending is a lot of fun at this age.

Safety

Watch your child at all times on playground equipment.

Your child should be securely fastened in a car seat, in the back seat, at all times when traveling in a car. If you are consistent, this will become a habit for your child.

Toddlers are very quick. Never leave your child alone:

- in a car.
- in or near a body of water.
- in the kitchen when something is cooking.

By now, while your house, yard, and garage should be child-proof, double-check:

- Keep cabinets locked, outlets covered, and cords tucked away out of sight.
- Keep the poison control number by the phone (1-800-222-1222).
- Turn handles of pans on the stove inward.
- Keep hot liquids away from edges of tables and counters.
- Store knives and guns out of reach and sight.
- Have smoke detectors in working order.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

Positive parenting

Because the toddler years are a time of change and learning, be prepared for:

- your child saying “no” a lot.
- uncooperative behavior.
- very helpful and pleasing behavior.

Be consistent and attentive. Your toddler needs you.

See the booklet, *Positive Discipline*, available on Children’s Website.

Preventing illness

Make sure everyone in the family washes hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don’t smoke in the home or car.

Your child will be tested for lead. Check for chipping paint. Make sure painted surfaces are lead-free. Lead particles can also be found in household dust and outside soil. To help prevent your baby from swallowing lead, wash hands and face often, especially before eating or drinking.

When should I call the clinic?

- rectal temperature higher than 100.4° F.
- if you are worried about your child.
- trouble breathing – **call 911.**

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107
St. Paul clinic (651) 220-6700

Family Resource Center (health, parenting, and community resource library)

Minneapolis (612) 813-6816
St. Paul (651) 220-6368

Parent Warmline (612) 813-6336
(child development and behavior)

Web site www.childrensmn.org

(includes information about visiting Children's, illnesses, and parenting, as well as Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

Community resources

2-1-1 Phone Helpline (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

Child safety seat inspections (free) (information about the nearest location) 1-866-SEAT-CHECK www.seatcheck.org

Early Childhood Family Education (classes about raising young children) Call your local school district.

Early Childhood Special Education (screening and services for children with developmental delay or disability) Call your county.

Minnesota Tobacco Helpline (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

Poison Control Center toll-free number: 1-800-222-1222

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Patient/Family Education
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