

## Things to Keep in Mind, continued:

- Take time to play with your child and show love. Help your child express feelings.
- Limit TV to one hour a day and only watch shows designed for toddlers.
- Serve as a role model for healthy habits and care.
- Guns in the home are a danger to the family. If a gun is kept in the home, store the gun and bullets locked up in separate places.
- Continue to brush your child's teeth with a tiny, pea-sized amount of fluorinated toothpaste.
- Use time-out or remove the source of the conflict for behavior that is against your rules. Yelling does not help a toddler learn to follow rules.
- Over time you will learn what your child wants and needs, and be able to handle the constant questions.
- They love to have you read to them – even if they squirm and can't sit still for very long.



## AT 2 YEARS, YOUR TODDLER CAN:

- Run and climb, walk alone up and down stairs.
- Love to have you read to them, even if they can't sit still for very long. They may love the same story over and over.
- Use many words and make sentences.



AT 2  
YEARS



TO CONTACT YOUR  
MEDICAL HOME:

# 2 YEAR VISIT

Weight \_\_\_\_\_ Height \_\_\_\_\_

## Today's Visit

- You will talk about your toddler's growth and development. Your provider will ask for an update on your toddler's health.
- Your toddler will have a physical examination and be tested for possible exposure to lead.
- You will have an opportunity to ask questions.

## Things you may want to discuss:

- Your toddler's behavior.
- Some of your toddler's favorite activities.
- Your toddler's eating and sleeping habits.
- Issues about discipline and setting limits.
- How your toddler talks.
- Changes in your family since your last visit.
- Some things your child can do now that they couldn't do at the last visit.

## Next Visit

### How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Note changes in your toddler's eating, sleeping and social behaviors.
- Prepare questions about possible lasting health problems or developmental concerns.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.

### What to expect:

- Your toddler will have a physical examination and may receive additional immunizations.
- You will fill in a questionnaire about your toddler's development.
- Your child's vision, hearing and blood pressure will be checked.

## Things to Keep in Mind:

- Supervise your child closely, especially all play near streets and driveways.
- Teach children to be careful when approaching dogs, especially if the dogs are unknown or eating.
- Continue to use a car seat that is properly fastened at all times and is right for their age.
- Give your child healthy foods, and allow them to try different foods but do not force them to eat.
- Serve meals with the family and give your child 2-3 healthy snacks per day.
- Continue to keep the child's surroundings free of smoke.
- Keep cigarettes, lighters, matches, alcohol and electrical tools locked up and/or out of sight and reach.
- Remember your child could choke on toys with small parts, coins, beads and marbles.
- Expect normal curiosity about body parts and use correct terms.
- Begin toilet training when your child is ready; praise your child when they go on the potty but do not punish or scold when they have an accident.