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Pierremont Pediatrics

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2 years old

General health

- At 2 years your child should receive the recommended vaccinations including the following: Hepatitis A series (2 shots separated by at least 6 months). This series may have been started at the 15 or 18 month visit.
- Dental health- brush your child's teeth after meals with toothpaste that contains fluoride.
- If your child has a complete set of teeth it may be time to visit the dentist for a check-up. Please discuss your child's individual need for a dental screening with your child's doctor.
- If your child consumes only bottled/filtered/well water, then you might need to supplement with fluoride. Please ask your child's doctor for further instruction.

Nutrition

- Your child should have 1-2 8 ounce servings of milk a day and 1-2 servings of other dairy products a day (cheese, yogurt).
- You should encourage water intake and limit juice intake to 4 fluid ounces per day. No tea, soda, or sports drinks.
- Hard candy and certain shaped/sized foods (hot dogs, nuts, whole grapes) can still pose a choking hazard and should be cut up. Your child should be watched closely while eating these foods.
- Toddlers can be very picky eaters and make meal time difficult and frustrating. Make sure to offer fruits and vegetables during meals in order to encourage healthy eating. You may often need to try the same food multiple times before your child will eat it.

Elimination

- Your child should have 3-5 wet diapers a day.
- Stool pattern can vary greatly from several times a day to one bowel movement every other day.
- Between age 2 and 3 years old your child will show interest in potty training and there are several different methods to use for training. Most children respond well to positive encouragement such as a hug, positive words or a small special treat.

Sleep

- Your child should be able to sleep through the night.
- Your child may benefit from a consistent daytime nap schedule—usually 1 nap a day.
- It is important to put your child to bed sleepy but awake in order to encourage falling asleep independently. If this isn't done, it will become more difficult for the child to learn to fall asleep on their own as they get older.

Behavior

- Your child should be able to run, jump with both feet and walk up and down stairs.
- Your child should be able to copy a vertical line.

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- Your child should be able to say more than 50 words, speak in 2-3 word sentences and refer to himself by name.
- The American Academy of Pediatrics recommends screen time limited to one hour per day.
- No “screen” use during meal times and limit “screen” use one hour before bedtime.

Injury Prevention

- Your child is still safest in a rear facing car seat until the maximum height and weight limits of the car seat are met.
- Keep chemicals, cleaning supplies and medications out of reach.
- Keep the child away from the stove and oven.
- Keep hanging cords and electrical cords out of reach.
- Cover all electrical outlets.
- Limit sun exposure. It's OK to use sunscreen with minimum SPF 30, reapplying frequently.
- Do not allow your child to pull up on objects that could fall on top of the child.
- Keep sharp objects out of reach and move furniture with sharp corners or edges out of child's way.
- When bathing your child,, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. Never leave child unattended in a bath or around water.
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times.
- All exterior doors to the home should be locked with a lock out of reach of the child.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____lb ____oz (____%)

Height: ____inches (____%)

Head Circumference: ____inches (____%)

My next appointment: _____