

TWO YEARS

At 2 years, your child may:

- Go up and down stairs one at a time.
- Kick a ball, jump.
- Want to do more things without help.
- String large beads.
- Begin to dress and bathe themselves.
- Be ready for toilet training.
- Vocabulary of at least 20 words. Use 2 word phrases.
- Increase their vocabulary.
- Know their name and age.
- Stack 5-6 blocks.
- Wash their hands and brush their teeth.
- Imitate others.
- Use horizontal and circular strokes with a crayon.



Things to do together:

- Sorting things is fun. Cut or tear out magazine pictures. Sort the pictures into groups. Ask questions about the pictures.
- Help your child find ways to calm down – give them simple, quiet things to do, such as coloring, reading, or playing with clay or puzzles.

What you can do:

- Show interest in their activities.
- Expect them to play beside others more than with them.
- Help your child use words to express feelings.
- Expect them to be frustrated when things do not go their way.
- Try not to say “no” all the time.
- Find out about preschool programs and Head Start.

Anticipatory Guidance (Do’s and Don’ts):

- Continue fluoride supplement if water not fluoridated. Brush teeth twice a day. Child may imitate use of toothbrush but parent also needs to brush teeth.
- Always use car restraint.
- Review measures for prevention of accidents, burns, falls, electric injuries, drowning, toxic ingestions.
- Do not leave alone in car or house.
- Ensure firearm safety if guns in household.
- Use picture books to increase verbal expression and listening skills. Read regularly. Talk together at meals.
- Encourage physical activity and play. Provide opportunities for play with other children. Limit television viewing.
- Praise good behavior. Show affection.
- Move from crib to regular bed if child can climb out of crib.
- Most children show interest and signs of readiness for toilet training between 2 to 3 years of age.
- Curiosity about body parts normal at this age.

Common Concerns – Toilet Training

Sooner or later your child will be ready to use the potty or toilet. You cannot make them ready. Your job is to watch for signs that it might be the right time. Being ready means several things. Your child may be ready when he or she:

- Stays dry for at least 2 hours at a time, or wakes up dry after naps.

- Follows simple directions.
- Has bowel movements that come at about the same time each day.
- Lets you know by words or sounds that they are about to have a bowel movement.
- Is uncomfortable in dirty diapers.
- Can pull their pants on and off.
- Shows in interest.

Toilet training is something your child will do when they are ready. Talk with your doctor or nurse for help. There are also books and videos for you and your child to look at. Be sure that your child learns to wash their hands after using the toilet.

Toilet training can be slow. Problems come when parents feel that training is not happening fast enough. Let the child set the pace. Be patient.

Feeding:

- Offer variety of healthy foods such as fresh fruits and vegetables. Avoid junk food such as candy, cookies, chips and soda.
- Encourage child to feed self.
- Avoid control struggles about eating.
- May change to low fat milk. Limit milk to 16 to 20 oz a day and juice to 4 oz a day

At this visit, your child received the following vaccines:

- 1) Hepatitis A Vaccine: immunizes against Hepatitis A. This is the second of 2 doses.

Next Visit: in 1 year (age 3 years)

