

Two Years

Development

Your two year old should now be much more verbal and able to communicate what she wants into words. She should have a vocabulary of approximately twenty to fifty words, be able to make two word sentences and half her speech should be understandable. He should be able to correctly point to six body parts and can point to at least two animals in a book when prompted (Where's the horse; Where's the puppy's nose?). She should be able to perform simple two-step tasks, can put on an article of clothing, brush her teeth with help and know how to wash and dry her hands and use a spoon or fork to eat independently. He should be soon able to get both feet off the ground while jumping, kick a ball in front of him without holding on for support, and throw a ball overhand. When given the chance, she should be able to imitate a straight line on a paper and should scribble spontaneously with a crayon. Your two year old can also be very stubborn and strong-willed. Choose those "NO's" carefully and set your limits. Never slap, hit, bite or shake your child, especially if he is displaying these behaviors. It only confuses your child and increases aggression. When he is doing something wrong, physically separate him from yourself or others by placing him in a corner or separate room for one to two minutes. He will get the message! Let us know if you need help!

Having trouble with Time-Out?

Sometimes toddlers make it difficult to enforce time out. For persistent toddlers, try using the playpen as your time-out area. It will help give your child a safe place to be confined while "doing his time"!

Children's Tylenol dose:
_____ tsp
every 4-6 hours

Children's Motrin dose:
_____ tsp
every 6-8 hours

Nutrition

Your child is probably developing some "picky" attitudes toward some foods. Do not force your child to eat a particular food or bribe him with rewards of candy or dessert for eating certain foods. Serve a small portion of each prepared food and let him choose from his plate what he wants to eat. If she refuses to eat, do not become a "short-order cook" and begin fixing other foods- if your child is hungry, she will eat. It is okay to encourage taking a bite of non-preferred foods to get more preferred foods. Remember that your healthy child has an internal gauge to choose the food his body needs. If you offer a variety of foods, he will choose those that are appropriate. Concentrate on a balanced diet over a one to two week period instead of trying to get it all in within one day. You may now switch him to skim or low-fat milk. Your child may need a multivitamin with iron at this time and fluoride is essential for proper tooth development.



Sleeping

Many two year olds develop sleep problems. They often begin to fight bedtime and/or wake up during the night. Remember to stick to a bedtime routine which may include a quiet bath and reading a book. Avoid rough play in the hour before bedtime and try to keep the routine as consistent as possible. Most two year olds take a two to three hour nap a day and are ready for bed around 8:00pm. Remember that you and your spouse should have some "adult time" together each night and your child should learn to understand and respect this.



Accidental drowning is the one of the most common causes of death in children.

Safety

Accidents are the leading cause of death of children, most of which can be prevented. Your child should be restrained in a five-point or shield-type forward-facing seat at all times when riding in a car. Make sure it is properly strapped in when transferring from one car to another. Keep your guard up around the kitchen and do not allow him to get near you while you are cooking. Find something safe for him

to do. Be extra careful of kitchen appliances, irons and curling irons.

They stay very hot and can cause serious burns long after you have turned them off. Make sure you never store chemicals in soft-drink containers and that all chemicals and medicines are still out of reach of your little climber. Keep the number for Poison Control handy always. Water safety is vitally important at this age and never trust your child unattended near a pool or open water. If you keep a firearm in your home, make sure it has a gun lock with the key out of reach. Remember to check smoke detectors and carbon monoxide detectors annually. Finally, the same rules apply for all other homes your child spends time, so make sure relatives' homes are safe, too!

Toilet Training

Your two year old already knows all about the bathroom and the toilet. Be patient and give gentle encouragement. Your child is probably ready when he is dry for about 2 hours at a time and has predictable behavior or timing of bowel movements.. Dress her in easy-to-remove pants or try the "bare-bottom" technique. Place him on the potty every 1-2 hours- setting a timer is a good reminder for both of you!

Immunizations

Your toddler should have completed the primary series of all recommended vaccines at this time, but we will complete any that are missing today. The **flu vaccine** is recommended annually for **all** children. The good news is your child may now qualify to receive the intranasal form of the flu vaccine. This may be available as early as August each year and is given through March. Ask us about whether your child can avoid a shot today, and most importantly, avoid the flu!

Until next visit...

Your toddler's speech should progress to complex sentences and conversations by our next visit. Books hold his attention longer and he may ask you to read the same book over and over again. Limit TV to 1-2 hours per day. He will begin to enjoy puzzles, blocks and string beads, and take more delight in play with peers, although sharing toys is still difficult. She may enjoy "perfectionistic" play- lining up toys or placing crayons in a specific color order. Encourage free-play outside time and enjoy being physically active as a family!

Your child's next visit will be at **three years** of age unless we have discussed something different! See you then!