

YOUR CHILD AT 2 YEARS

FEEDING

It is not unusual for your child to have temporary periods of not being interested in certain foods or in any food. Attempts at force-feeding your child can result in rebellious behavior and more severe feeding problems. Be reassured that the lack of interest in food is probably temporary. If your two-year-old does not eat very well on a given day, do not give in to temper tantrums "just to get him to eat something." Children tend to select diets that, over several days, are well-balanced. Your child may be permitted a wide choice of foods, as long as he or she eats adequately over the longer period of time. Keep in mind that, at this age, eating habits also may be influenced by other family members. Avoid excess salt and concentrated sugar. You should switch your child to 2% milk.

DEVELOPMENT

At this age children will typically begin to run, stand on tiptoes, and kick a ball. They may also climb up and down stairs and open doors. You may need to install gates around staircases or on porches to prevent falls -- be especially careful if you have a pool at home. Your child will also begin to scribble spontaneously, turn pages in the book, and help with dressing himself/herself. Your child may now express a preference for one hand over the other. Two-year-olds can put two or three word sentences together and generally know at least 50 words. This age typically engages in "parallel play." This type of play occurs as children play alongside one another, and do not necessarily interact with other children or share toys.

MEDICATIONS

Continue to use the dosing guidelines for acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) according to the child's weight.

Tylenol (acetaminophen)

****May give every 4 hours****

lbs	Drops	Suspension	Chew Tabs	Jr Strength
	80mg/0.8ml	160mg/tsp	80mg/tab	160mg/tab
12 - 17	0.8ml	1/2 tsp		
18 - 23	1.2ml	3/4 tsp		
24 - 35	1.6ml	1 tsp	2 tab	1 tab

Advil/Motrin (ibuprofen)

****May give every 6 hours****

lbs	Drops	Suspension	Chew Tabs
	50mg/1.25ml	100mg/tsp	50mg/tab
12 - 17	1.25 ml	1/2 tsp	
18 - 23	1.875 ml	3/4 tsp	
24 - 35		1 tsp	2 tabs

SLEEP

Your child should be sleeping in his own bed and sleeping through the night. Bedtime should be enforced after a familiar routine is complete. Most children continue with one nap per day.

TOILET TRAINING

The normal time to potty train is between 2 and 3 years of age. Watch for signs your child is ready: the signs include communicating to you before stool or urine passage and voluntarily withholding stool passage. A good idea is to let your child go in the bathroom with other family members to help make the child comfortable sitting on the potty. The process of toilet training includes positive reinforcement and regular "potty time." If your child is not potty trained by three years of age, we can make suggestions to help.

DISCIPLINE

"Time Out" is a very effective form of discipline for this age and can be used as the child gets older as well. In general, a two-year-old should remain in time out for approximately 2-3 minutes (As the child gets older, time out must get longer: the 3 year old needs 7 to 9 minutes for time out!). The Time Out place should be one that is safe and boring; it should not be where other family members are present or where the child gains any attention. Remember, the key to changing behavior is to not reinforce the undesirable behavior.

RECOMMENDATIONS

- Always use car restraints
- Know CPR
- If your home is bilingual, use both languages.
- The first dentist visit should take place this year
- Always use sunscreen in Florida!!
- Good hand washing helps prevent spread of infections.

Have the number for **The Poison Information Center** available: **1-800-222-1222**

IMMUNIZATIONS

Today your child will receive the following immunizations:

Hepatitis A (liver disease that is more common than Hepatitis B, but less severe)

Flu (seasonal) - influenzae "flu" is recommended for all children this age and is given in the fall

NEXT VISIT

The next visit is at 3 years of age. Please schedule this appointment today.

TODAY'S WEIGHT: _____

LENGTH: _____

SPECIAL INSTRUCTIONS: